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Khalil Alam recognised for his unwavering commitment to public services

A man who has dedicated over two-decades to public services, has been awarded an accolade for his outstanding contributions and unwavering dedication

to voluntary work. Khalil Alam, a dedicated and esteemed figure in the community, received well-deserved recognition at the Police Headquarters in Wakefield. The prestigious accolade handed to Khalil is reserved for individuals who have devoted over two 20years to the force, symbolising their unwavering commitment and selfless service.

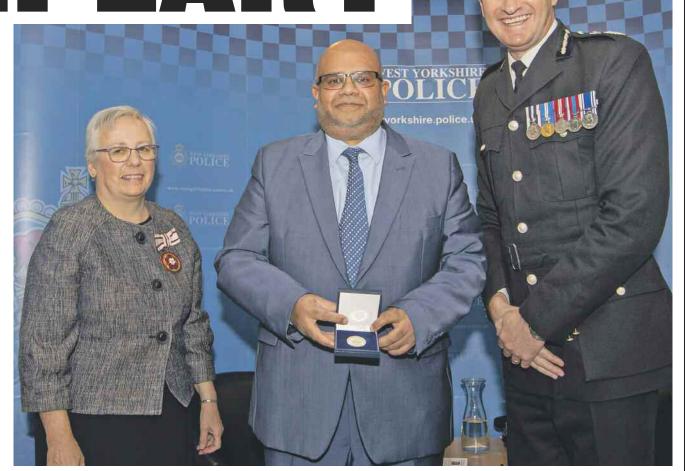
Honoured with the Police 'Long Service and Good Conduct Award Medal', the endowment serves as a testament to the dedication

and sacrifice exhibited by

individuals like Khalil Alam. Introduced in 2003, the medal, adorned with the crest of West Yorkshire Police, signifies a commendable journey of public service. The reverse side is inscribed with words of appreciation for the recipients' steadfast commitment to maintaining the safety of the communities they serve.

Vice Lord Lieutenant Helen Thompson and Chief Constable John Robins presented the award to Khalil Alam, emphasising the significance of his role in ensuring the well-being of West Yorkshire's

Continued on page 12





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As the dire humanitarian crisis worsens, UN deplores Israels continued aid barriers pushing Palestinians into desperation

to the Palestinian people, aid agencies continue to highlight how difficult Israel has made for humanitarian relief efforts to proceed to help the desperate people with basic needs such as food, water, shelter, clothing and medicine in Gaza.
"Very, very little amount of aid has been allowed in,"

said Juliette Touma of the U.N. relief agency.

"The needs on the ground are huge. People lost everything, and they need everything. And now, with the rainy season, it's everything from warm clothes to blankets. But most urgently is food and water and I think above all is protection and safety.

"There's a cumbersome inspection process. There

With not getting enough aid into provide some relief was a total hermetic siege for two weeks where nothing came in, and those supplies have never been

replenished.
"We have been getting in very little in comparison to the 500 trucks of commercial aid and humanitarian supplies. In none of the days since the war began have we come to that amount of trucks. None. What came in

is only 10% of what needs to come."

The United Nations has also warned that it is becoming increasingly difficult to get desperately needed aid into Gaza.

The UN's humanitarian aid chief, Martin Griffiths, called out the "impossible situation" facing people in Gaza and those trying to help them, as the

40 percent of Gaza's population is facing an imminent risk of famine

humanitarian situation on the ground worsens and dozens more civilians are reported killed in Israeli attacks.

"You think getting aid into Gaza is easy? Think again," Martin Griffiths said in a post on the social media platform X, expressing frustration at how life-saving assistance is being hampered from entering the war-torn Strip.

Griffiths listed 14 obstructions to getting humanitarian relief into the including: constant bombardments and aid convoys coming under fire; three layers of inspections before an aid truck can enter the Palestinian territory; a constant list of rejected items; and aid workers themselves being killed and displaced by

'This is an impossible situation ... The fighting must stop," he said.

Illustrating his point, Israeli soldiers fired on an aid convoy as it returned from northern Gaza along a route designated by the Israeli army, according to Thomas White, the director of the UH agency for Palestinian refugees, UNRWA, in Gaza.

'Our international convoy leader and

his team were not injured but one vehicle sustained damage – aid workers should never be a target," White said in a post on X.

The persistent difficulty in

getting humanitarian relief into Gaza comes despite the United Nations Security Council passing a resolution last week to boost aid.

Israel's war has killed more than 22,000 Palestinians, including just under 7,000 children, and displaced 85 percent of the population since October 7.

Amid the bombardments, a military blockade on the enclave and the restrictions shipments

imperilling the health of hundreds of thousands of people.

Reporter Hani Mahmoud (Al Jazeera), reporting from Rafah in southern Gaza, describes displaced and famished people from the central and northern parts of the Strip forced to queue for hours for food assistance.

Mahmoud said: "Most of the population of Gaza has been displaced multiple times in the past three months, fleeing with whatever they can carry. UN facilities are packed full, several times beyond their maximum capacity."

Aid groups say the situation is desperate, and UN agencies have warned that 40 percent of Gaza's population is facing an imminent risk of

"Doctors Without Borders [Medecins Sans Frontieres, or MSF] warns that an epidemic is inevitable, and with most hospitals and clinics out of service, when people do fall ill they will have nowhere to go," Mahmoud said.

The UN says 150,000 people are being forced to leave central Gaza after the Israeli army issued evacuation orders, telling people to once again move



scrapping of lifetime bans on people with criminal convictions from contesting elections, has paved way for the former three-times Prime Minister Nawaz Sharif to run for a fourth time in elections in February.

Sharif was removed as prime minister by the Supreme Court in 2017 over "dishonest practices" following revelations unaccounted family wealth, in the Panama Papers leak, which uncovered links between the Sharif and eight offshore companies.
Sharif, 74, returned from self-

imposed exile in the UK in October.

The Supreme Court ruling on Monday 8th January came amid a bitter power struggle between Sharif's Pakistan Muslim League Nawaz party and the Pakistan Tehreek-e-Insaf party of his archrival, the former prime minister and office in a vote of no confidence in politics presented a well-known

Shady coalition?

Pakistan's top court overturns lifetime bans for those with criminal convictions paving way for Nawaz Sharif election run

cricket star Imran Khan.

victory. This is a victory for truth and for Pakistan's future!!" allegations. Observer

Sharif's party welcomed the news on social media platform X, writing:
"This isn't just Nawaz Sharif's electoral race. He denies the contesting elections for five years

Observers said Sharif's swift Khan, 71, was removed from return to the front lines of Pakistani

under his conviction.

A general election is currently

scheduled for 8th February.

"For the public, the events in return last year.

Pakistan are building up to Nawaz Sharif's return as the next prime minister," said Huma Baqai, a Karachi-based political commentator. "People will see Sharif's return as a result of a backroom deal."

Nawaz Sharif first served as prime minister in 1990, with two further terms in 1997 and 2013. The Supreme Court disqualified him following revelations in the Panama Papers leak of unaccounted wealth belonging to his family, notably four

residential apartments in London's upper-class Mayfair neighbourhood.
He was found guilty of corruption in 2018, sentenced to 10 years in prison and disqualified from holding public office. A year later, he was granted bail to travel to London for medical treatment and went into self-imposed exile. The conviction was overturned shortly after his











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Yorkshire-based cake manufacturer Love Handmade Cakes has been acquired by Regal Food Products Group Plc for an undisclosed sum. The acquisition comes just 24 months after the Regal group snapped up premium desserts manufacturer, Just Desserts Yorkshire.

Established in 2004 in Leeds, West Yorkshire, Love Handmade Cakes (formerly, Evolvisite, Handmade Cakes)

Established in 2004 in Leeds, West Yorkshire, Love Handmade Cakes (formerly Exquisite Handmade Cakes) specialise in baking a range of over 100 cakes, traybakes, individual cake bars and muffins for food service wholesalers, coffee shops, distributors, and other food service outlets.

The acquisition is set to boost and compliment Regal's portfolio of bakery brands, including Regal Bakery, Yorkshire Baking Company, Just Desserts Yorkshire, and The Cake Emporium, whilst providing opportunities for expansion, development and growth in the food service area of the business and its new desserts division.

Younis Chaudhry, CEO of Regal Food Products Group plc comments: "Long-term growth through acquisition is integral to the group and our family of brands, putting us in a position where we can offer our customers a solid mix of quality bakery products for both food service and retail.

"Love Handmade Cakes brings us new

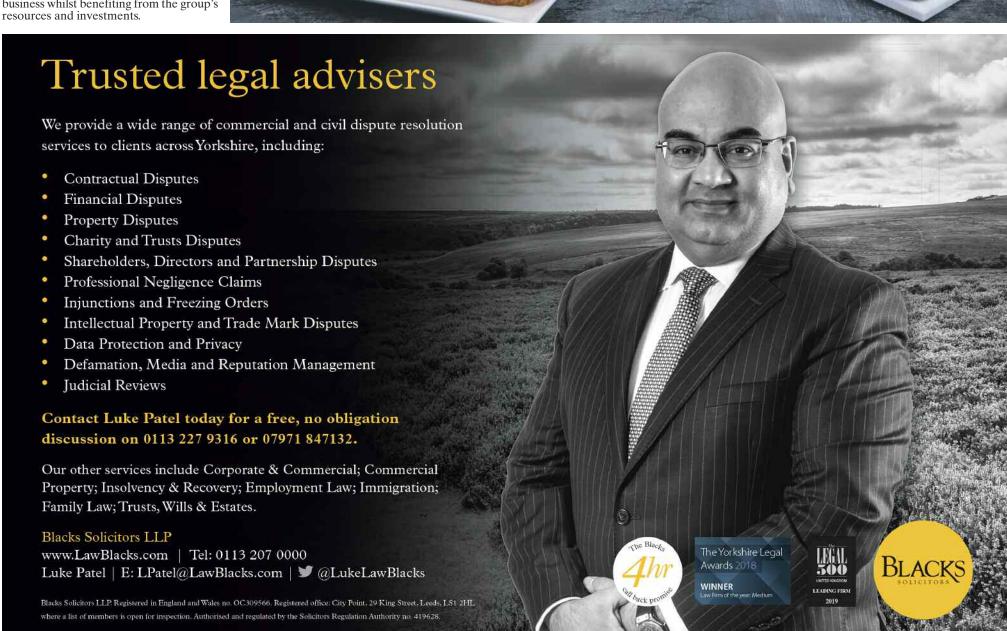
"Love Handmade Cakes brings us new opportunities to develop and introduce a new range of products, including individually wrapped flapjacks, wrapped cake bars, muffins and other "countertop" favourites.

"Servicing customers on all business levels remains a key focus of ours and the acquisition bring us the ability to further reinforce this.

"We pride ourselves on quality and with appetites growing rapidly for our dessert ranges, we are excited to be moving into the next chapter with Love Handmade Cakes."

Regal Food Products Group plc have confirmed Love Handmade Cakes will continue to operate as an independent business whilst benefiting from the group's resources and investments

Regal Foods flexes appetite for further growth with Love Handmade Cakes acquisition





Doing

The Happiologist launches podcast series for 'Good Brown Girls'

podcast series, 'Doing It On Purpose with The Happiologist', featuring Dal Banwait.

Renowned as 'The Happiologist', Dal Banwait, carries out insightful discussions with Dr. Denise Freeman, also known as Dr. D, a distinguished chartered psychologist based in London.

In the very first episode, Dal and Dr. D delve into the crucial theme of limiting beliefs and the profound impact

they have on shaping our lives.

As the world is engulfed in New Year's resolutions, Dal brings attention to a vital aspect of personal growth - the identification and overcoming of limiting beliefs that may hinder the path to success.

Dr. D expands on this point, stating, "Limiting beliefs can get in the way of achieving your New Year's resolutions by making you doubt yourself and your

"When you think negatively about what you can

accomplish, it becomes harder to stay committed and motivated. These self-imposed doubts can lead to procrastination and a fear of failure, making it tough to stick to your goals."
The conversation between Dal and Dr. D highlights the

impact of these self-imposed doubts on health, relationships, and overall well-being.

To succeed in New Year's resolutions and personal goals, Dal and Dr. D stress the importance of recognising and challenging these negative thoughts. By fostering a positive mindset, individuals empower themselves to overcome challenges and reach desired outcomes.

Drawing on her over 30 years of experience as a city

professional with a background in law, Dal Banwait, brings

Dal emphasises the importance of a positive mindset in facing challenges and shaping a brighter future, particularly tailoring insights to the South Asian communities in the UK.

Dal Banwait expresses: "In the face of ongoing global challenges and economic fluctuations, our ability to cultivate resilience becomes fundamental in overcoming

obstacles and embracing new opportunities.

"In 2024, let us collectively commit to prioritising our mental wellbeing, recognising that a healthy mind is the foundation upon which we can build a more balanced and fulfilling life."

The podeast series aims to inspire individuals to

The podcast series aims to inspire individuals to overcome limiting beliefs, create positive change, and cultivate resilience in the face of life's challenges. Dr. D's expertise in psychotherapy and integrative psychology provides valuable insights, making 'Doing It On Purpose with The Happiologist' a powerful resource for personal growth and mental well-being. It's now available on all major podcast platforms.





Zayn Malik sings in Urdu!

Bradford-born heartthrob collaborates with emerging South Asian stars on new single 'Tu hai Kahan'

South Asia has quickly become one of the most exciting musical landscapes in the world, with new stars in the making thanks to a massive, passionate audience in the market and throughout diaspora communities.

As a result, the region has become a hotbed for new global hits. The runaway success of Pakistani trio AUR and their hit single 'Tu Hai Kahan' is testament to the huge potential for new talent emerging from the region.

This record is the first ever collaboration for Zayn with a South Asian artist.

The track marries the band's poetic lyricism with Zayn's vocals as he effortlessly delivers the song's chorus in Urdu/Hindi.

The record marks Zayn's deeply personal and first entrance into the world of South Asian music and its release.

AUR's original version of 'Tu hai kahan' is a big hit in South Asia, amassing hundreds of millions of streams and reaching #1 on the Spotify India, Pakistan and Global Viral charts.

The song is out now in the UK

in conjunction with a new music video that takes fans into the parallel worlds of both artists and gives rare insights into Zayn's process at his home studio as well as an intimate view of AUR's life in the heart of Karachi, Pakistan.

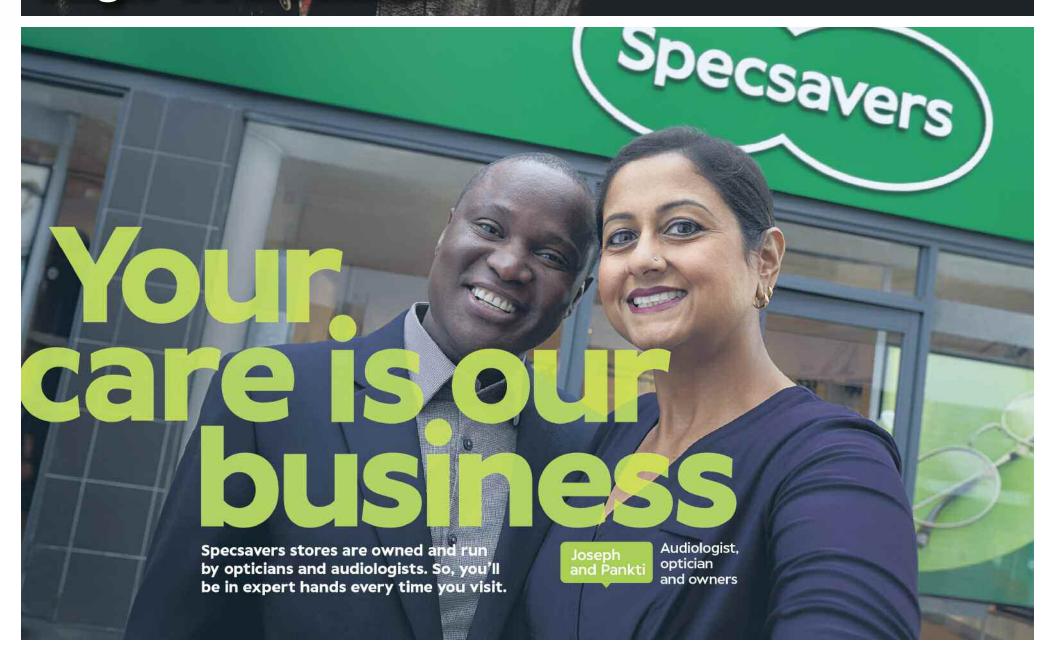
AUR - consisting of Ahad, Usama, and Raffey - shared their excitement about the release, and comment: "We are super excited for this collaboration as it shows that music has no boundaries.

"'Tu hai kahan' is such a special song to us and it's hard to describe how amazed we were when we first heard Zayn's voice on the track. We're taking Pakistani music global, and we can't wait for the world to vibe to our music."

Zayn says: "I was incredibly humbled when AUR reached out and asked me to collaborate on their song 'Tu Hai Kahan'.
"I love the song and have

"I love the song and have brought some of myself to it, I hope people love what we've done."

You can listen to 'Tu hai kahan (feat. ZAYN)' now on all major streaming platforms.





Last weekend marked a bleak milestone as the crisis in Gaza passed its 100th day.

The level of death and destruction wrought in the territory over the last 14 weeks is unprecedented, with more than 24,000 people killed and 60,000 injured. Gaza's 2.3million people are facing a humanitarian catastrophe, with the entire population now facing crisis levels of hunger and the threat of famine increasing by the day.

Women and children have been affected the most: they make up an estimated 70% of the total death toll, with more than three women killed every hour and one child killed every 10 minutes.

Thousands of children have been made orphans over the past 100 days, with Euro-Med Human Rights Monitor estimating that up to 25,000 children had lost one or both of their children had lost one or both of their

Children are suffering catastrophic injuries: more than 10 children have lost one or both their legs every day on average since October 7, with many having to undergo amputation without anaesthetic, according to Save the Children.
With more than 85% of the

population forced to flee their homes, people are living in incredibly crowded, unsanitary and inhumane conditions. People's basic human needs increasingly cannot be met nine out of ten people are eating less than one meal a day and struggling to find drinkable water, according to the World Food Programme. Using the bathroom involves queuing for hours, medicine is scarce or unavailable, and staying dry and warm is impossible as hundreds of thousands of people sleep in flimsy tents or out in the open without adequate warm clothing or rotection from the rain.

Basma* and her family were displaced from their home in Jabalia, northern Gaza, and are currently staying in a tent in Khan Younis. Basma lost her husband and is now caring for their six children alone. She "My orphaned children and I were displaced from the north to the south. And I saw many scenes of horror and fear.

"I now live in a tent where life is almost non-existent. [There is] no electricity, no water, no food, none of the necessities of a decent life. My orphaned children sleep to the sound of tanks, bullets, airstrikes, and the

More than 10 children have lost one or both their legs every day on average since October 7, with manv amputation ave the Children

sound of missiles. There are no covers, no mattresses, no bathrooms, no hygiene. And medicine is almost nonexistent. [There is] nothing of a decent

'The aid that we receive is not

enough for anything. I have six children, so it is not enough for one of them. I hope to make my children and buy them anything to satisfy their hunger. My smaller son [is] asking me for biscuits but the prices are very high. If my children survive the continuous bombing, terror and fear, they will die of hunger. Where 100 design had been 100 design had been 100 design.

After 100 days of being deprived their basic human rights and living in a constant state of terror, people in Gaza have shared their desperate calls for an immediate and permanent

Iman, a youth volunteer for a women's organisation that partners with ActionAid in Gaza, said: "To all the free people of the world, to those who have an ounce of humanity within them, silence the guns and silence the cannons and stop the raids.100 days of war on Gaza... against women, children and the elderly. We are in Gaza. We ask the world to stand by us. To bring a ray of hope to these innocent people. Stop the war.'

Zara*, a young child who has been displaced to Rafah, told us in a voicenote message: "I wish for this war to end. I love Palestine, my country. I love Gaza. There is bombing all around us as we speak right now. I see the children of the world living

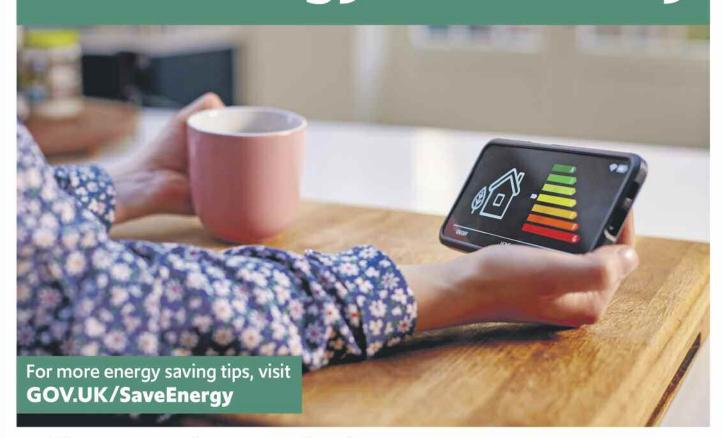
reely and happily. I want that, too. I want to live freely, just like them."
Riham Jafari, Advocacy and Communications Coordinator at ActionAid Palestine said: "It is extremely painful to watch this crisis pass its 100th day without any let up to the bombing and destruction. The picture in Gaza at day 100 of this crisis is horrifically bleak. Hundreds of thousands of people are on the brink of starvation, living in inhumane conditions and facing the constant threat of death by bombing, hunger or

'The urgency of the situation cannot be overstated. Every single day that passes without a ceasefire sees dozens, if not hundreds, more Palestinians needlessly and tragically killed. The world cannot afford to waste another moment. Only a permanent and immediate ceasefire will stop further lives being lost, and allow enough desperately-needed supplies of food, water, medicine and other aid to reach those struggling to

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Save energy and money



top tips to help you save money and energy this winter

Winter is here and we're heating our homes again, and this means that costs may rise.

There are some low and nocost options you can take in your household to reduce energy usage. These options can help make your heating system more efficient and

save you money while staying warm and safe.

Efficiency can be improved by adjusting the boiler flow temperature dial/setting to 60 degrees on Combi boilers. Reducing flow temperature isn't the same as turning down the thermostat.

It won't noticeably reduce the temperature of your home but may take longer to heat up.

If you are over 65, or have preexisting health conditions, you may want to set a slightly higher boiler flow temperature of 65°C to ensure that your home warms more quickly.

"Putting my heating on a timer setting is really good. It comes on first thing in the morning for an hour just before the children get out of bed to get ready for school; and then for an hour for when they get back from school. We've also become quite good at turning off lights in all the rooms we're not using. All this is a big help in keeping my bills under control.

"Keeping my bills under control"

UK Government

Busy mother-of-five. Ms Mirre is a single parent, and the rising cost of living means she needed to take some extra steps to ensure her energy bill is manageable this winter.

"I've already had my boiler serviced and have turned down the boiler flow temperature. I wasn't sure how to bleed my radiators, but when a friend showed me how, it was really

Help for Households

Radiator key:

Most DIY shops have

them, or use a

flat head screw driver

SAVE OVER £100

on your energy bills this winter

Find out more at GOV.UK/SaveEnergy

#ItAllAddsUp

It all adds up

See below some actions you can take in your home to lower energy use and save money

These actions can have a big impact on lowering your energy

- Reduce your boiler flow temperature to 60 degrees to save up to £70 per year
- Bleed your radiators for a warmer home and lower bills
- Heat the rooms you're in and turn down the radiators in unused rooms to save up to £50
- Reduce your washing machine temperature to save up to £20 per
- Install an energy efficient showerhead and save up to £40 per year. They are sometimes available free through your water
- Get your boiler serviced to keep it running efficiently and avoid repairs

Bleeding your radiator:

a step-by-step guide

You'll need a standard radiator key, and old towel/ cloth and a jug. When you've found out which of the radiators in your home's heating system need bleeding, follow these simple steps:

- 1. Make sure your heating is off and the radiators are cold.
- 2. Hold an old cloth, or a jug, under the bleed valve, and insert the bleed key.
- 3. Turn anti-clockwise until air starts escaping (you'll hear a hissing noise).
- 4. When water starts to escape, turn the key clockwise to retighten the valve.
- 5. Repeat on other radiators that need attention, making your way back towards the boiler.
- 6. Turn your heating back on and check if your radiators are now heating up correctly.



Cover story continued

Chief Constable John Robins expressed immense pride in being surrounded by officers and staff who have dedicated more than two decades to public service, highlighting the vital role they play in keeping the communities safe.

vital role they play in keeping the communities safe.

Khalil Alam's medal is not only a sign of his personal commitment and hard work but also a representation of what he achieved due to the help of his family and friends, the absence of which would have made this very difficult.

It should be noted that in the past Khalil Alam has received other awards in his career. Among them are the Queen's Diamond Jubilee Medal in 2012 and the 70th Year of the Reign of Queen Elizabeth Medal in 2022; this eludes to Khalil's consistent outstanding performance over years.

to Khalil's consistent outstanding performance over years.
In addition to working with law enforcement, Khalil Alam as an England Boxing Coach has had considerable impact on society.

His input into establishing and running a successful sport facility and amateur boxing club at Lion Gym Bradford epitomises his commitment to promoting good physical health and discipline among young people.

And that's not all. Khalil is the Secretary General of a

And that's not all. Khalil is the Secretary General of a mosque in Bradford associated with the organisation Jamiyat Tabligh-ul-Islam in Bradford, where he has played an important role in the functioning of the mosque, organising Friday Jummah Prayers and contributing towards its upkeep.

Khalil's combined involvement in law enforcement as well as community service is an indication of his all-rounded approach to positively impacting on the people's life.

Since 2013, Khalil has been actively involved in bringing health, fitness, sports and boxing programs to young people and adults in Bradford.

These programs are not just physical but have aspects of education where participants learn about anti-social

behaviour such as youth gang culture and dangerous practices such drugs, weapons and knife crime.

He collaborates with various agencies like; homeless charities, youth services, mental health organisations, social services departments for children, schools and colleges

At the awards ceremony, he was highly-commended for strength of character with the citing of an incident where Khalil single-handily detained a man who had robbed someone at knife point.

Even more so at the local level, the council of Bradford city has given him an award that recognises his role in making sure that security is a priority for a community. These accolades confirm that Khalil Alam's service to the Bradford District as well as his work with Minorities Police Liaisons committee have been outstanding.

In response, Khalil Alam expressed gratitude and humility, while referencing world-famous boxer Muhammad Ali's quote: "I'd like to express my gratitude, I am truly humbled to receive this award. I live my life by boxer Mohammed Ali's quote, 'service to others is the rent we pay to be in this world'," says Khalil. "I truly believe that acts of selflessness

"I truly believe that acts of selflessness count towards good deeds in the world hereafter.

"I'd like to express my profound sense of privilege and honour for receiving this recognition, and pledge to continue working harder to serve communities both within West Yorkshire and beyond."

"Service to others is the rent we pay to be in this world."



If you need urgent medical help this winter but you're not sure where to go, use NHS 111.

NHS 111 can assess and direct you to the most appropriate local.

you to the most appropriate local service, including your GP practice, pharmacy or nearest urgent treatment centre. And if needed, it can arrange a call back from a nurse

doctor or paramedic.

NHS 111 is an easy and convenient way to get urgent help for a wide range of health problems from the comfort of your own home. It's a free service available 24 hours a day, 7 days a week.

You can call 111, go online or use for an interpreter.

person I spoke to at NHS 111 made the NHS App. If you need help in another language, call 111 and ask more serious. After answering some sure first that it wasn't something more serious. After answering some questions about what had happened, when Sonia tripped on her front path and sprained her knee, she

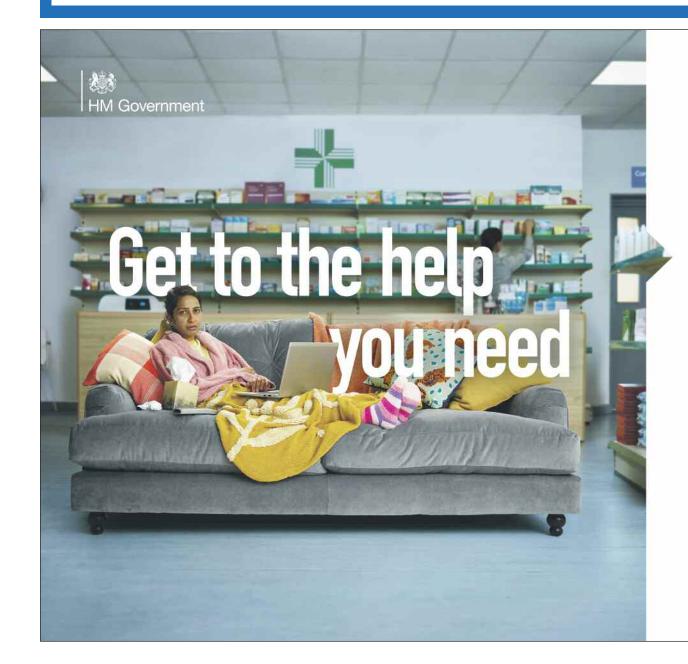
finger and advised me on how to

'I'm pleased I used 111 on the NHS App because it saved me a lot of time by stopping me from going to A&E when it really wasn't an emergency.'

Vinay cut his finger while cooking I was advised to go to a local urgent used the NHS App as she wasn't at home, so he called 111 for advice.
'It was quick and easy, and the my house. A nurse bandaged my 'I'm pleased I used 111 on the

NHS App because it saved me a lot of time by stopping me from going to A&E when it really wasn't an emergency. A doctor called me back and advised me to rest my leg for a day - it was fine after that. I think next time I might try the NHS 111 website as it seems easy to use as

Whether you choose to call, go online at 111.nhs.uk or use the NHS App, 111 will get you to the help you need. And no matter how you choose to use NHS 111, your information will always be kept confidential.





Use 111

If you need urgent medical help but you're not sure where to go, use 111 to get assessed and directed to the right place for you.

Call, go online or use the NHS App.



By day, Muhammad Shahid works on the helpdesk at Yorkshire Building Society but after his shift ends, he is likely to be found in a laboratory where he researches new cancer treatments.

Dr Muhammad Shahid - he gained his PhD in Breast Cancer Therapeutics last year - is part of a team that has developed a new treatment for breast cancer, one which has fewer side effects, although clinical trials are still to take place.

In addition, he was responsible for developing a more ethical method of research, by removing the need for animal testing

His achievements are all the more impressive due to a significant number of other commitments, not least of which is that his sevenyear-old son has a chronic lung condition, which often means he has to attend hospital on a weekly basis.

Commenting on his PhD award and recent research, the father-

of-two (he also has a daughter, 12), said: "I always wanted to do something that made a contribution to society, especially in the field of cancer. However, it has been a struggle to work full time to support my family and find the time for scientific research. Some days, I would only get three or four hours' sleep.

"The University of Bradford has been so supportive throughout

my studies, I could not have done this without them. I am immensely grateful for the support and scientific guidance provided by my supervisors, especially Dr Kantamneni and Dr Mohammad Isreb. Their expertise, support and encouragement played a pivotal role in my success and served as a constant source of motivation."

Part of the support offered was to ensure Muhammad had access to the University of Bradford laboratories, and academic support, whenever he needed it.



His project has contributed to the field by exploring new treatment strategies for breast cancer, a step closer to improving the lives of cancer patients.

Dr Sriharsha Kantamneni, who supervised Muhammad's PhD, said: "We said to him we will work around his life to accommodate him, so we arranged for him to access the lab whenever it suited him - this flexible approach was part of our support. Muhammad came to me in December 2019 - the following February, the country went into full lockdown. He has had to deal with a lot in order to achieve his PhD and make the breakthroughs in research, which are remarkable. His project has contributed to the field by exploring new treatment strategies for breast cancer, a step closer to improving the lives of cancer patients."

In his extensive research, Muhammad focused on investigating the anti-angiogenic and anti-cancer effects of Mebendazole (currently used as an anti-parasite drug). Combining this drug with established chemotherapies such as Paclitaxel and Doxorubicin, he successfully reduced the required dosage concentration for effective therapy. Doing so mitigates the side effects associated with chemotherapy but also contributes to reducing the overall cost of cancer treatments.

Another significant breakthrough in his work was the inhibition of a critical protein called Ran, a highly expressed factor in cancer patients that promotes cancer progression and drug resistance. Muhammad's efforts to understand and counteract this protein signalling could pave the way for more effective treatment approaches.
Expanding his research, Muhammad screened over 54 genes in

search of new targets for Mebendazole and Ran as a potential cancer treatment.

Additionally, in collaboration with Al-Ahliyya Amman University in Jordan, he successfully replaced the traditional animal model with an innovative 'in ova' model. This alternative method proved to be less invasive, more cost-effective, and ethically superior, allowing for greater advancements in cancer

Under the expert guidance of Professor Mohamed El Tanani (from the University of Bradford) and Dr Abraheem Aldeeb (from Al-Ahliyya Amman University), he reached significant milestones.

Muhammad, who is originally from Pakistan, and holds a bachelor's in biology and two Master's in zoology and cancer pharmacology, said: "The University of Bradford holds a special place in my heart, as it provided me with access to state-of-the-art facilities at the Institute of Cancer Therapeutics and the School of Pharmacy and Medical Sciences. These invaluable resources

enabled me to carry out this project with precision and excellence."

Dr Kantamneni added: "Muhammad's research will undoubtedly make a significant impact on breast cancer therapeutics, offering hope to countless patients worldwide. We celebrate his achievements, unwavering determination, resilience and dedication to advancing cancer research and treatment. We eagerly anticipate the bright future that lies ahead for this exceptional researcher."







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Your mental wellbeing tool kit

Small changes to our everyday routines that can brighten our mental wellbeing

positive daily activity can have a profound impact on your mental

When Mariam Habib escaped an abusive marriage while pregnant with her second child, she faced barriers that inhibited her.

As a single parent Mariam faced many pressures and she recognised the toll this was taking on her mental wellbeing and the need to take action to help address her anxious feelings.

Mariam has found that creating a daily routine has helped her find her 'happy place' and supported her mental wellbeing.

She says: "Each day I make time to do some journaling for positive reinforcement - writing down how



I'm feeling, for example, and what my thoughts are.
"I remind myself that I am

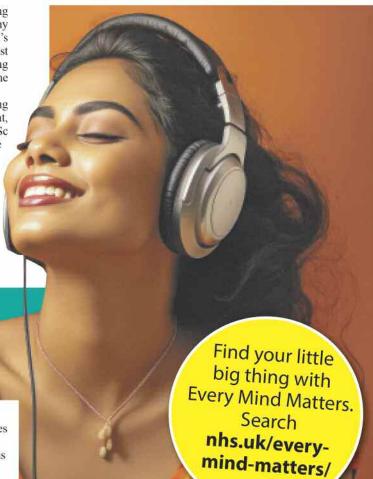
beautiful, I am strong, and that I am in control of my life. During this time, I also listen to religious recitations - I find these incredibly soothing and

"At bedtime I do some breathing exercises to help me relax, clear my mind, and have a peaceful night's sleep. My children are my biggest inspiration and through building relaxation routines I am able to be the best mum I can."

Now, not only is Mariam raising her young children as a single parent, but she has also returned to her BSc (Honours) Health and Social Care degree studies and has been recognised and shortlisted for the prestigious YAYA Awards.

We explore the best practises from the NHS's Every Mind Matters programme for doable

actions you can incorporate into your everyday life to improve your mental health.



Find your 'little big thing' with these top tips:

GET PHYSICALLY ACTIVE

Being active is not just good for your physical health, it's good for your mind too. It can help you burn off nervous energy, and, while it might not make feelings of distress disappear completely, it can make them less intense. You might choose gentle online yoga classes, boogieing around the home or short walks in the fresh air.

MANAGE YOUR THOUGHTS AND FEELINGS

Sometimes we develop unhelpful patterns of thought, and these can lead to unhelpful behaviour, so recognising them and thinking about them differently can improve our mental wellbeing. Try the free, practical self-help tips inspired by cognitive behavioural therapy at nhs. uk/every-mind-matters

TALK TO SOMEONE **YOU TRUST**

Talking to someone we trust about how we're feeling can improve our mental health and wellbeing and help stop us from feeling lonely. Sharing how you are feeling will help them understand what you're going through and together you can explore solutions.

If you are having thoughts of

suicide, are harming yourself or

GET THE MOST FROM YOUR SLEEP

Good-quality sleep makes a big difference to how we feel mentally and physically. Every Mind Matters has lots of tips for improving your sleep and an email programme to help you develop good bedtime

GET CLOSER TO NATURE

Spending time in nature - in green spaces like parks or gardens - can lift your mood and help you feel more relaxed. You can also bring nature into your life by tending to plants on a windowsill or balcony.

PLAN SOMETHING TO LOOK FORWARD TO

It's important to have something to look forward to, especially when you're finding things tough. It will help you counter boredom and lethargy and will boost your mood and energise you. It does not have to be anything complex to plan or costly; it could be fixing a time to meet with a friend or neighbour for a cuppa or a visit to a free local attraction

NHS TALKING THERAPIES

If you are struggling with feelings of anxiety or depression, NHS

Talking Therapies can help. They are free and effective. These services offer practical psychological therapies that can assist with various common mental health disorders, such as depression, phobias, panic attacks, obsessive-compulsive disorder, generalised anxiety, health anxiety, social anxiety, body dysmorphia, and post-traumatic stress disorder. They can also help individuals manage anxiety or depression in the context of longterm health conditions like diabetes

Talking Therapies are delivered by trained NHS mental health professionals, in one to one sessions, in person or over the phone, and can also be accessed conveniently online via interactive websites

To access NHS Talking Therapies, you can refer yourself by visiting nhs.uk/talk to locate your local NHS Talking Therapies service and complete an online form or contact them via email or phone. Eligibility only requires registration with a GP.

HM Government NHS

Mental health and wellbeing

It's important to look after your mental health. For advice and practical tips **Search Every Mind Matters**

Help in a crisis

Find your local 24/7 NHS crisis line at nhs.uk/urgentmentalhealth

These thoughts and feelings can be

have thought about self-harm it is important to

complex, frightening, and confusing but you do not have to struggle alone.

 If you cannot wait to see a doctor and feel unable to cope or keep yourself safe, contact one of these organisations on the right to get support right away:

If you are under 35 and experiencing thoughts of suicide, or for anyone that is concerned that a young person could be thinking about suicide, visit papyrus-uk. org, call 0800 068 4141 (9 am - midnight, 365 days a year, text 07860 039967 or email pat@papyrus-uk.org

If your life or someone else's life is at risk call

By Halal Food Authority UK

When it comes to making food choices, effort is always made to go for the best based on an informed

This article is a humble effort to enhance consumer awareness on the Halal Certification process so that they are aware of the difference between self-proclaimed halal and certified halal.

Certification plays a decisive role in buying choices as it inspires consumer's trust and confidence because of the transparency and verifiability of the process. There are different halal standards, that are a prerequisite of access for clients and manufacturers who want to trade in a specific country to meet its demand and grasp the market.

A product certified by a competent and well-established halal certification body is accepted globally without any need for further investigation or verification.

Product approval is a very sensitive process that requires focussed and indepth analysis which is only possible under a competent and experienced technical team.

Halal certification bodies have a well-structured and highly organised system for product approval which is the first step towards halal certification.

Product submissions as well as supporting documents are reviewed and scrutinised by highly qualified, trained and experienced food technologists. Halal certification is the basis for making and maintaining a halal claim.

In this lieu, self-proclaimed halal food is not only a challenge for the food industry but a big threat for consumers' health too as it comes authenticity any

Halal Food - The challenge of making an informed choice — Authentic vs Self-Certified halal)

verifiability.

One may find a number of some self-proclaimed halal products simply bearing an inscription of The Arabic word that neither stands for any halal certification body nor represents any traceability or any authenticable process of ensuring halal standards.

On the other, halal certification

bodies put more financial and human resources to ensure product authenticity which is almost impossible in the case of self-proclaimed products.

The halal products approved by Halal certification bodies depict specific logos/ symbols that are identifiable and traceable. These bodies ensure halal authenticity from farm to fork and provide detailed records from raw materials to finished products.

Throughout the process, due consideration is given to ensure that product labelling does not create any confusion in the Muslim community.

ingredients Hidden such as processing aids, anti-caking agents, carriers, and incidental ingredients from various sources present another serious problem for Muslim consumers.

Magnesium or calcium stearates are used in the manufacturing of candy and chewing gum without mentioning the origin of the stearates.

Halal certification of the product, confusion in the Muslim community. Labels are scrutinised and approved to put on products that are approved

choices while purchasing products from the market.

The Halal-certified foods are monitored and certified from farm to form. The food supply chain and its related equipment are regularly examined, verified, and validated through halal audits. This exercise is conducted to eliminate any risk of haram (non-halal) contamination.

Halal certification bodies have a well-structured and highly organised system for product approval which is the first step towards halal certification.

process of reviewing and approving product documents, verifying sites through surveillance audits to evaluate the halal control point (HCP) and ensuring that product and manufacturing processes fulfill the requirements of halal standards.

releasing a product to the market.

Halal information is not just in the English language but is bilingual or even multilingual to ascertain the traceability of the products in every possible manner and help consumers understand the label in a better way.

They have designed a detailed by a halal certification body before of the ingredients like gelatine, circumstances, the claim must be lecithin, mono & diglycerides, etc.

The animal source ingredients such as oils, fats, meat derivatives, or extracts like gelatine and rennet also

supported by some verifiable facts, and Halal Certification by an authorised body such as the Halal Food Authority, is the best answer to need to be declared. A product with a halal-certified logo makes life easier for consumers to make prudent all the questions that may come to a consumer's mind before making a prudent choice.





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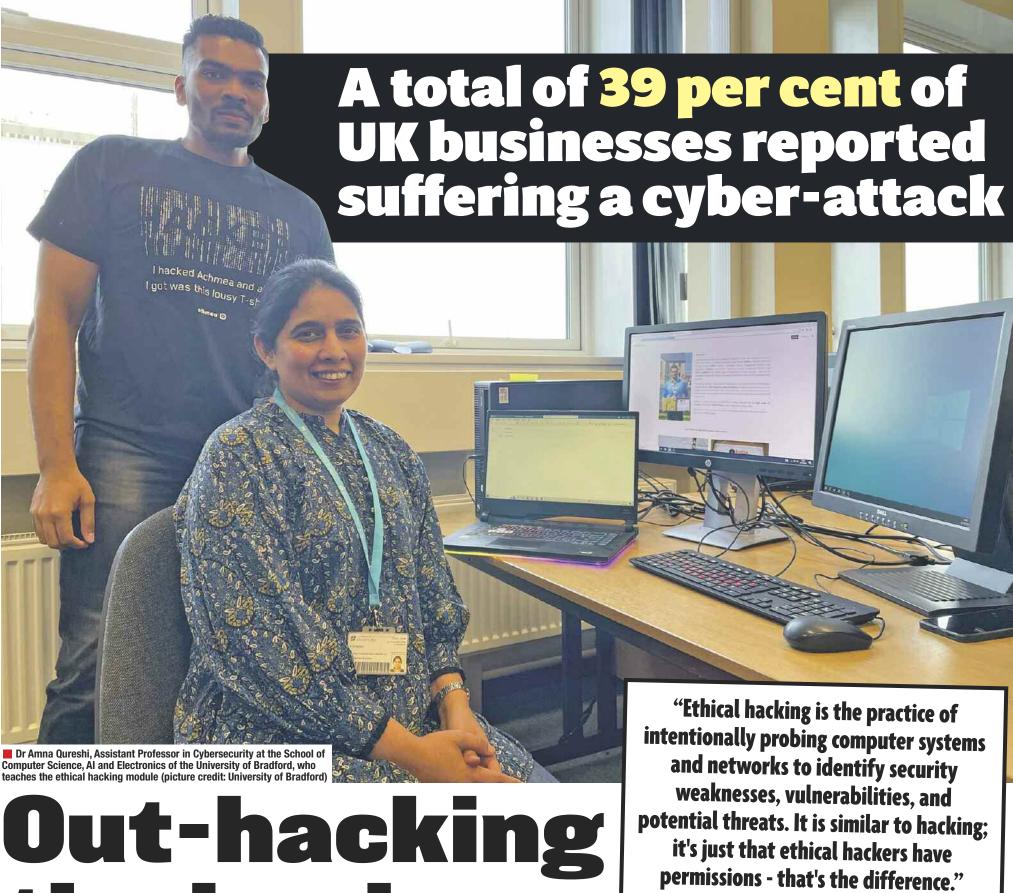
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Out-hacking the hackers

Dr Amna Qureshi, Assistant Professor in Cybersecurity at the School of Computer Science, AI and Electronics is handing the tools students need to beat the hackers at their own game as part of a computer course at the University of Bradford.

A total of 39 per cent of UK businesses reported suffering a cyberattack in 2022. Meanwhile, cybercrime costs UK firms an average of £4,200 in 2022.

Dr Amna Qureshi, Assistant Professor in Cybersecurity at the School of Computer Science, AI and Electronics of the University Bradford, who teaches the ethical hacking module, says companies often get caught out by hackers through misconfigured security settings, weak

passwords, unpatched software, and unsecured network connections.

Ethical hacking, which is a module in the university's MSc Cyber Security course, is when ethical hackers carry out risk assessments and test computer systems for security-related issues on behalf of companies or organisations. Their work is to outsmart the malicious hackers.

Ethical hackers must follow a strict code of ethics when they carry out their work. This includes being prohibited from sharing how they breached a computer system's security measures with anyone outside of whom they are working for or are authorised to carry out tests.

After they have finished their work, they must delete all traces of their

hacking work to make sure malicious hackers cannot see how they achieved

During the University of Bradford's module, students are taught how to gather information, scan, test, and hack so they will be able to secure systems effectively.

The module offers a background in ethical hacking, scanning networks, system hacking, malware analysis, social engineering, session hijacking, and cryptography.

The statistics on the cost and impact of cybercrime in the UK show the need for ethical hacking and courses that teach it.

But to protect the work of the students on the course at Bradford, we will not be giving away how they

keep one step ahead of the malicious

Dr Amna Qureshi said: "Ethical hacking is becoming a growth industry. After Covid-19, everything is online, and there are so many cyber attacks. There are so many scams out there. Organisations' employees need to be made aware of their cyber security policies.

"Ethical hacking is the practice of intentionally probing computer systems and networks to identify security weaknesses, vulnerabilities, and potential threats. It is similar to hacking; it's just that ethical hackers hacking; it's just that ethical hackers have permissions - that's the difference. The black hat hackers (or malicious attackers) find these vulnerabilities and exploit these vulnerabilities for personal gain.

"It's non-stop. New techniques are being developed by hackers every day.

"There is nothing that is perfectly secure. There could be some insecure

links. Hackers exploit weak links. The first step for ethical hackers is the collection of information about companies in order to identify potential vulnerabilities and develop

an attacking strategy.
"Ethical hacking is very important. This is the first point organisations can protect their infrastructure from hackers. Ethical hackers can help organisations identify and fix security vulnerabilities in their systems and networks. The demand for ethical hackers is expected to grow in the coming years. As organisations become more aware of the risks of cyberattacks, they are increasingly investing in ethical hacking services.

"The students enjoy this module a

lot as it involves penetration testing. In the simulated environments, they get to work on vulnerable applications and exploit the identified vulnerabilities. A lot of students are



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The UK is enforcing new rules as part of a global effort to clamp down on tax dodgers



for eBay, **Vinted** and Airbnb

A new clampdown on online sales earnings by HMRC could see almost one is six British

workers paying more tax.

From this January, the UK is enforcing new rules as part of a global effort to clamp down on tax dodgers by the Organisation for Economic Cooperation and Development (OECD).

Firms including Vinted, Airbnb and eBay are obliged to collect and share details of transactions with the tax authorities.

Linder the new rules the digital platforms will

Under the new rules, the digital platforms will routinely report the income sellers are getting through their site which apply to the sales of goods, such as second-hand clothes or handmade items. The threshold for earnings from these sales is set at £1,000 a year – above this, online sellers must register as self-employed

and file a self-assessment tax return at the end of the financial year.

According to MoneyZine, one in six British workers is currently working in the gig economy facilitated by many of the apps. This means that millions of self-employed or small businesses earning more than £1,000 from these kind of sales could be impacted. Failing to declare previous earnings with HMRC could mean they are hit with expensive financial penalties.

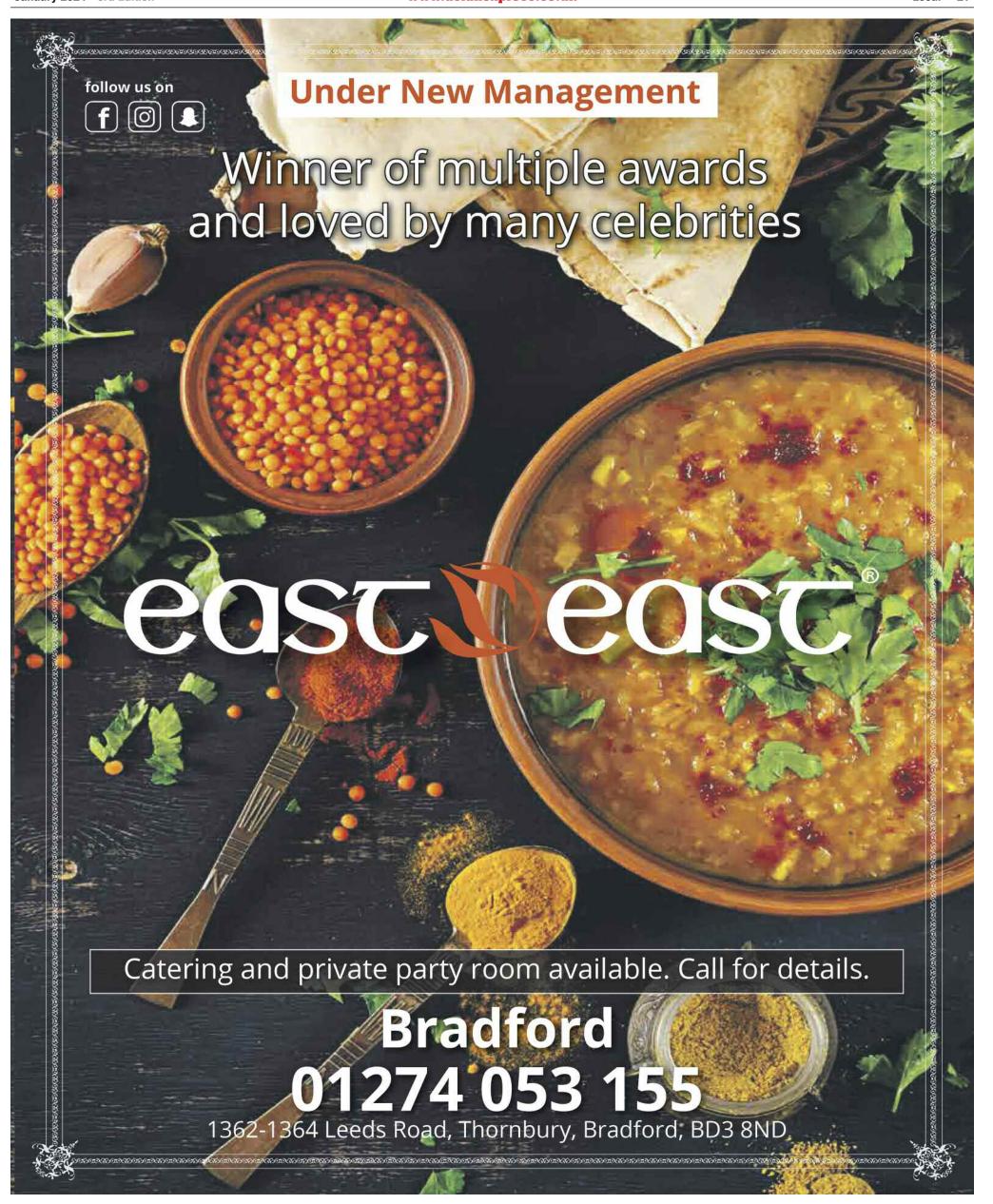
Alex Till, Chair of the National Enterprise Network, the country's leading representative of business support for micro, small and start-up businesses, said the changes were a good reminder that getting support with taxes as part of a business support package either as a self-employed individual or as a startup or micro business is gravial.

business is crucial.

"Research shows that working with a professional enterprise adviser leads to better outcomes for startup and micro businesses," he

"Not only does it help entrepreneurs avoid costly mistakes and remain compliant, but the right advice ensures their business ideas can continue to thrive, increase sales and grow profitability.'

The National Enterprise Network is encouraging businesses looking to find a business support adviser near them to contact the National Enterprise Network which represents the country's enterprise support organisations, offering independent and impartial advice, training and mentoring to new and emerging businesses





Under-16s energy drinks sales ban called for again after damaging new report emerges

> A review of data published in the Public Health journal, claims energy drink consumption has links to suicidal thoughts, psychological distress and many other symptoms among children. Researchers from Fuse, the Centre for

Translational Research in Public Health, based at Teesside University and Newcastle University, trawled through data from 57 studies of over 1.2 million children and young people from more than 21 different countries.

> The researchers found that energy drink consumption was more common among boys than girls, and was also associated with increased risky behaviours such as substance use, violence and unsafe sex.

The research also links consumption of the drinks with an increased risk of poor academic performance, sleep problems, and unhealthy dietary

The latest review comes with the government having failed to act on a consultation that in 2018 found more 90% of respondents agreed businesses should be prohibited from selling energy drinks to

Supermarkets welcomed the proposals, which would have brought legislation into voluntary bans brought in by all the major retailers, after Asda became the first of the big supermarkets to ban the sales in January 2018.

However, the ban was branded as

"draconian" and ill-thought out, with Conservative hardliners saying it was an example of 'nanny state'

However, today's research review reveals that the sports and energy drinks market is undergoing massive growth, with the category now worth an extra £390.2m compared with a year ago.

Brands Red Bull, Monster and Lucozade added a

combined £244.3m on the back of growing volumes.

"Energy drinks are marketed to children and young people as a way to improve energy and performance, but our findings suggest that they are actually doing more harm than good," said Amelia Lake, professor of Public Health Nutrition at Teesside University, and the lead author of the new

"We have raised concerns about the health impacts of these drinks for the best part of a decade after finding that they were being sold to children as young as 10 years old for as little as 25p. That is cheaper than bottled water.

"The evidence is clear that energy drinks are harmful to the mental and physical health of children and young people, as well as their behaviour and education. We need to take action now to protect them from these risks.'

BSDA director general Gavin Partington said:
"The BSDA's voluntary code of practice on energy drinks, which was introduced by and for BSDA members in 2010, contains a number of stringent points on responsible marketing, meaning BSDA members do not market or promote energy drinks to under-16s, nor do they sample products with this age

group.
"In addition, our members' energy drinks carry an advisory note stating 'not recommended for children'. BSDA members remain committed to supporting the responsible sale of energy drinks.'

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Ethnic minorities are unfairly assigned to the dance-off in Strictly Come Dancing, says Professor Keon

Now in its 21st series, Strictly Come Dancing is a staple in the TV calendar and one of the UK's most popular, and most diverse, shows. Yet its role has sparked fierce public debate.

The voting audience of Strictly Come Dancing regularly gives lower votes to pairs made up of BAME participants than the programme's professional judges do.

Data analysis of the show, reveals

that despite achieving the judge's approval, BAME contestants that despite achieving the judge's judges. approval, BAME contestants invariably have to fight for survival in analysed data from Seasons 10 (the

more bottom two dance-off contests

than their non-BAME competitors. Professor Keon West fro Goldsmiths, University of London's paper 'Being asked to dance: Evidence of racial bias in audience voting behaviour on the television show Strictly Come Dancing' analysed data from the 2012 to 2021 show series and found that the contestants most likely to be assigned to repeated dance-offs were racial minority celebrities who were paired with racial minority professional dancers and achieved high scores from the

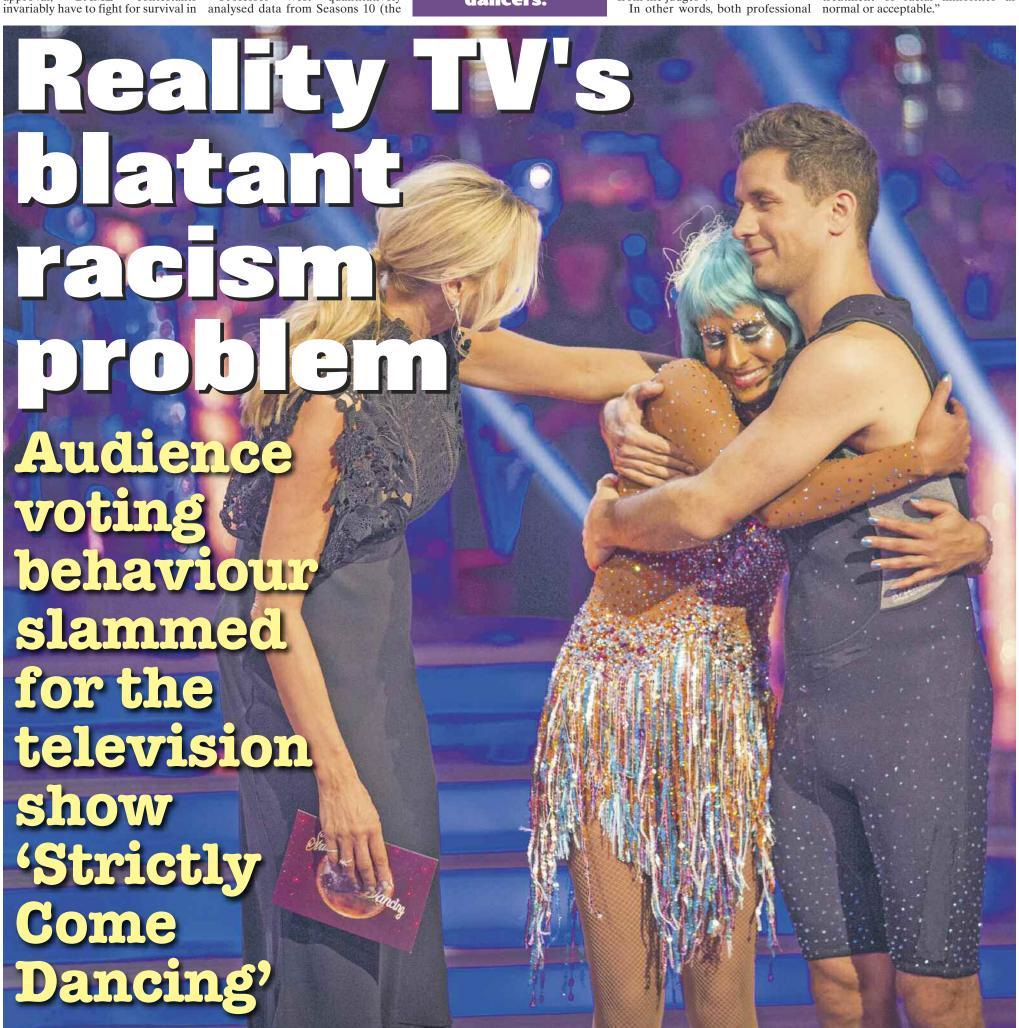
"The contestants who were most frequently assigned to the dance-off were racial minority celebrities coupled with racial minority professional dancers."

one in which the dance-off was reinstated) to Season 19 of Strictly Come Dancing. The analyses looked at all the couples' appearances in the dance-off (the awful fate befalling the two least popular dancers) while taking into account their ethnicities and the scores they received from the judges.

The results were clear.
Professor West found that "the contestants who were most frequently assigned to the dance-off were racial minority celebrities coupled with racial minority professional dancers who obtained relatively high scores from the indeed." from the judges"

dancers and celebrity contestants were penalised for their ethnic minority status, and this penalty was worse, not better if they danced well. The viewing public simply appeared to be less willing to vote for ethnic minorities.

Despite acknowledging that "the diversity on Strictly Come Dancing is a good thing", Professor West also cautioned that "diversity alone sufficient", and warned that "viewers who recorded to a sufficient and warned that "viewers who recorded to a sufficient to the sufficient of the sufficient to the who regularly see racial minorities excluded or rejected, even despite evidence of superior skill in a relevant domain, may come to see this treatment of racial minorities as normal or acceptable."



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STORY OF SUCCESS

"We were one of the pioneers for bringing in these niche products into the Western market," he said. Ilyas explained that when he started the company there were very few people sourcing their own products and creating and blending their own fragrances here in the UK from these products.

ABOUT THE PERFUMES

Scent Salim is one of very few shops in the UK to offer an array of niche fragrances, Arabian perfumes and Oud.

This is the home of over 1,000 scents — Ilyas says they can recreate any perfume for a client. The products are made from natural and oils and sourced from all over Asia and the Middle East.

It is this concentration on genuine, quality products, from the original source that make the scents so special.

"We concentrate on the quality and that's why we don't want to grow too fast," he explained.

Oud is the generic Arabic term for incense, or resinous wood taken from the agarwood tree. The agarwood trees in question are located in specific areas in the world – Malaysia, India, Cambodia, Indonesia and Brunei. The wood in these trees is of tremendous value, as the resin within them is distilled to create pure Oud scents.

Oud itself has gained popularity among celebrities, Royals and artisans worldwide. It offers a depth of fragrance, which is mulit-layered and, Ilyas explains, lasts longer than a regular "French" style perfume.

But modern methods and a bit of a French/Asian fusion makes these fragrances so accessible and flexible. They are produced in a range of options from room fragrances to fragrant woods for burning.



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Sainsbury's boosts pay with £200 million wage investment

Sainsbury's has said it'll be investing £200 million to offer a leading rate of colleague pay, increasing to £12 per hour and recognising the hard work of colleagues across Sainsbury's and

Effective from March, this is Sainsbury's single biggest ever investment into colleague pay and 120,000 hourly paid colleagues will benefit.

Sainsbury's has increased pay by 50% since 2018 and by 9% in the last year, in line with the Real Living Wage.

The pay increase to £12 per hour, £13.15 for colleagues in London, makes it the largest supermarket to pay colleagues the new Real Living Wage nationally and the London

Living Wage.
This will give colleagues an extra £1,910 a year nationally and £2,290 a year in London. The investment of £200 million, brings the three year total investment in colleague pay to over £500 million.

In addition to the pay increases during recent years, the supermarket chain has provided colleagues with free food during shifts and increased colleague discount of 15% at Sainsbury's every Friday and Saturday and 15% at Argos every payday.

Simon Roberts, Chief Executive of Sainsbury's said: "Our colleagues do a brilliant job delivering for our customers every day and at the same time they are continuing to face the rising costs of living.
"So, in addition to investing to keep



a year in London. The investment of £200 million, brings the three year total investment in colleague pay to over £500 million.

our prices low for customers, I'm delighted to confirm an industry leading pay increase again this year for all our hourly paid colleagues. At Sainsbury's we will be increasing pay to more than £500 million over three years. For by 9.1% to £12 per hour, taking our a full time colleague, this is an extra

£1,910 a year and this increase is well ahead of inflation and the government's 2024 national living wage of £11.44.

"We continue to lead our industry in the level of reward and benefits we provide for our people and this remains a clear priority for us at Sainsbury's. We believe well rewarded, engaged colleagues deliver the best service and attracting and retaining the best talent will be crucial to our success in delivering the next phase of our business strategy.

Jeremy Hunt, Chancellor of the Exchequer said: "We will always make sure that work pays and are proving it by cutting taxes for 29 million people this week and increasing the National Living Wage by a record amount in

great to see Sainsbury's rewarding hard work with this pay rise for 120,000 employees around the

country."

Bally Auluk, USDAW National Officer said: "The continuing strong working relationship between USDAW & Sainsbury's has resulted the inflation busting pay award of in an inflation busting pay award of over 9% despite inflation falling and following on from the significant pay increases over the previous couple of

years.
"The current cost of living is still on the rise which is why USDAW are very pleased the business has taken this on board during our consultations and responded in such a positive manner, which includes continuing to offer free food and additional



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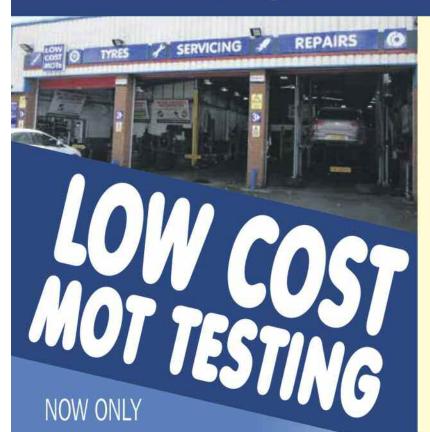
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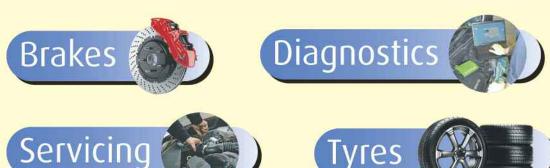
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New look savoury packs launched ahead of Ramadan

Regal Snacks has launched a range of South Asian savoury snacks into Asda stores ahead of Ramadan, following on from a rebrand aiming to make the range more appealing to a wider audience.

The South-Asian savoury snack packs (300g) are set to land in selected Asda stores next week (w/c 8 Jan 24) and feature classics

such as Bombay Mix, Hot Bombay Mix and Balti Mix, as well those more traditional snacks such as Flakey Mix, Boondi and Traditional Mix. The new range will initially be available on the world food aisle as part of Asda's Ramadan offer.

also been rolled out to coincide with the launch of the savoury packs with the aim of reaching out to new consumers covering a wider demographic.
Arainn Cleland, Sales Director

of Regal Food Products Group comments: "Using a darker theme overlayed with splashes of bold colour and pattern, the new packaging really showcases

our delicious savoury range capturing the essence of world foods and the mouthwatering flavours it brings.

"The new design has been created with the aim of making classic snacks such as a Bombay Mix more accessible to a wider audience, not just throughout the month of Ramadan but beyond."



SUSTINESS ROUND-UP

Artificial Intelligence Is... Artificial

any consider that 2023 was the breakout year for Artificial Intelligence ("AI"). We have been told that AI is here to stay and that it will soon be affecting our lives on an ever-increasing level. A recent First-Tier Tribunal (FTT) Tax Chamber judgment is one of the first judicial decisions in the UK to consider the risk of relying on AI in a legal case.

In the case of Harber v Commissioners

In the case of Harber v Commissioners for His Majesty's Revenue and Customs, Mrs Harber disposed of a properly but failed to notify HMRC of her liability to Capital Gains Tax. HMRC therefore issued a failure to notify penalty which Mrs Harber appealed. The basis of her appeal was that she had a "reasonable excuse", namely because of her mental health condition and/or because it was reasonable for her to be ignorant of the law.

At the hearing, Mrs
Harber, who was not
legally represented,
provided the FTT
with nine FTT
decisions which
appeared to
support her
appeal, but which
did not appear on
the FTT website or
on any other legal
website. Mrs
Harber claimed
that the cases
had been

provided to her by "a friend in a solicitor's office" and she said that she did not have the full judgments or the FTT reference numbers.

After reviewing the cases carefully, the FTT concluded that all the authorities which had been submitted by Mrs Harber were fabricated and had been generated by an AI system such as ChatGPT. The reasons for the FTT's finding were:

 None of the cases relied upon by Mrs Harber were on the FTT's website or on any other legal website.

• The cases were outwardly plausible but incorrect. It was noted that the FTT found in the appellant's favour in all of the fictional cases, when in fact in the real cases to which the facts related, the appellant either lost the appeal or the penalty was charged for a different failure to notify than failure to notify liability to Capital Gains Tax as in the present case.

• There were stylistic and reasoning flaws in the fabricated case summaries, for example six of the nine cases used the American spelling of "favor" and identical phrases were repeated in the summaries in all the cases.

summaries in all the cases.
As a result of the fabricated cases, unsurprisingly, Mrs Harber lost her appeal.

appeal.
Although the FTT accepted that Mrs
Harber was unaware that the AI cases
were made-up and she did not know
how to locate or check the authorities on
the FTT website or other legal

websites, the FTT nevertheless highlighted the harm that could be caused by seeking to rely on fictitious cases. It would result in opponents having to incur time and expense to verify the cases, waste court time in dealing with unnecessary arguments and submissions and it also had the potential of

undermining the trust and confidence in the judicial system.
This case should serve as a warning to litigants, and even to lawyers, of the risk of relying on information obtained from AI systems in the

If you are involved in any civil or commercial dispute, then Blacks Solicitors can assist. Please contact Luke Patel on 0113 227 9316 or by email at "LPatel@LawBlacks.com".

preparation of legal

Please contact Luke Patel on 0113 227 9316 or by email at LPatel@LawBlacks.com





Google lays off hundreds of employees in advertising sales team

Google is laying off hundreds of employees in its advertising sales team, the Alphabet-owned (GOOGL.O), opens new tab company said on Tuesday, marking the latest cuts at the search giant.

The move adds to signs that job cuts will

The move adds to signs that job cuts will continue this year, as companies look to adopt artificial intelligence software and automation to lighten workloads.

Last week, Google said it would lay off several employees in its Voice Assistant units, hardware teams responsible for Pixel, Nest and Fitbit, as well as in its augmented reality team.

Google's customer solutions unit, which serves medium-level advertiser clients, will be the core team for growth moving forward, the company said.

Business Insider first reported the news earlier in the day. Amazon.com (AMZN.O), opens new tab

Amazon.com (AMZN.O), opens new tab also said last week that it would lay off several hundred employees in its streaming and studio operations and 500 workers at its video streaming platform, Twitch. Last month, Google - once touted as a

Last month, Google - once touted as a leader in spurring AI research - unveiled its long-awaited AI model Gemini, as the company attempts to catch up to Microsoft (MSFT.O), opens new tab in the AI race.

In January 2023, Alphabet announced plans to cut 12,000 jobs, or 6% of its global



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What is Pilates?

Pilates is a holistic workout focusing on both alignment and posture, as well as breath work. It is a great abdominal workout but also helps to strengthen and tone the glutes, lower back and hips.

What are the benefits of Pilates?

There are many benefits to a Pilates workout; these include:

- Helps align posture: Prevents hunching in the back by engaging core

muscles, back and pelvic floor, allowing complete relaxation in the upper parts of the body, such as the neck and shoulders. It works to take away the pressure on your hips, which, therefore, improves your posture. Overall, this workout will get the parts of your body that hold your spine in the correct alignment to stay straight and improve

- Gives more definition: Although Pilates does not help gain muscle, it can work the muscles through dynamic stretching to tone and define the body.

- Practices mindfulness: Pilates encourages your body's limits and can be a great form of motivation. The breathwork needed to execute many of the exercises correctly is tough but very rewarding, leaving you in touch with your body whilst building strength

rewarding, leaving you in touch with your body whilst building strength.

- Improved balance, mobility and stability: Through Pilates, your body gets to work all the areas which might be tight by opening them up. This benefits those who work long hours sitting at a

desk or hunched over.

How to start Pilates

There are so many options out there for local classes, online classes, courses, and videos, which is why it is important to go for the option that makes you feel the most comfortable and where you can put your all into the class without distractions

Continued on page 34

Take part in local classes

Classes are a great way to get instant help regarding form, technique and motivation.

Online

If you prefer to workout in your own space, then this is the option for you. In fact, online searches for '28 day wall Pilates challenge free' skyrocketed just days into 2024 by 315%, proving just how keen people are to get focused on a challenge that requires not taking part in a class

This is also a great option if you would still like to go to the gym but follow an online guide on your phone without being in front of an instructor.

Follow videos and guides online

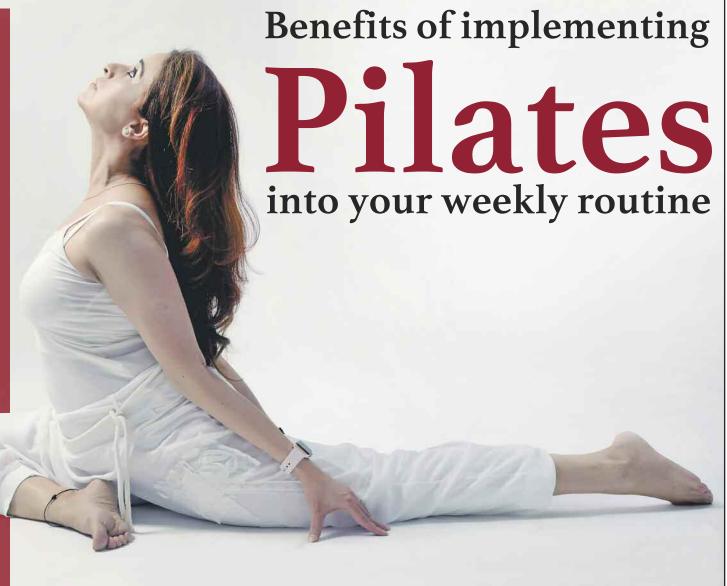
There are plenty of paid-for and free guides and videos online which will help you delve into the world of Pilates. These can be a fabulous way to introduce yourself to the Pilates world without taking a trip down to the gym and can be a slightly cheaper option than paying for a local class.

How often should you do Pilates?

If you want to see significant changes to your body with purely Pilates workouts, you should practice it at least three to four times per week. Rest days in between will allow your body to recover, adapt and gain strength. You can increase the number of exercises and time you do in these workouts as you

get stronger.

If you are just starting or want to see a little difference alongside your other workout routines, committing to a 20-minute Pilates workout daily will make you fit and toned in no time!









BREAKING NEWS

Hamara is now Accepting Cryptocurrency – Donate your Crypto Today!

At Hamara we are building a better future for all our beneficiaries in the City of Leeds, especially those with disabilities and women and girls. That's why we're excited to announce that we now accept crypto donations through our partners at The Giving Block.



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Packing tips

Declutter

Have a good declutter before you start packing - what's the point of taking items with you that you no longer want or need? Either sell them yourself or donate them to charity.

Don't empty draws

Rather than empty out all your drawers, if they're going with you, seal them with plastic wrap or bags and pack them tight so nothing falls out. It's a good use of the space and means you don't have to refill them when you reach your new home.

Kitchen roll/toilet roll tubes

These are great for packing and storing cables. It'll keep them neat and they won't get tangled in transit.

Room name

Try to pack by room and put the room name on the box. This will make it much easier for the removal company you use and for you when it comes to unpacking.

Pack books in suitcases

If you pack your books in suitcases with wheels it'll make them much easier to move around and you will

avoid lifting heavy boxes of books. Do be mindful of the weight.

Clothes on hangers

Keep clothes on hangers and cover in plastic bags. This will make it much easier at the other end.

Prevent leaks

To prevent leaks from cleaning, beauty and kitchen products, take off the lid, put on some cling film and put the lid back on.

Make use of towels

Use linen and towels to wrap up breakable items and use them as cushions for too hard to wrap objects like vases and lamps.

Fitted sheets around your mattress

Put a fitted sheet on both sides of your mattress to keep it clean during your move.

Parts from furniture

When you dismantle furniture, put all the nuts, bolts, screws and any other hardware in a sealable, labelled bag.

A box of essentials

Have a box of essentials ready when you reach your new home. Good items to put in here include phone chargers, the kettle and tea bags, toilet and anything you may need for pets and children.



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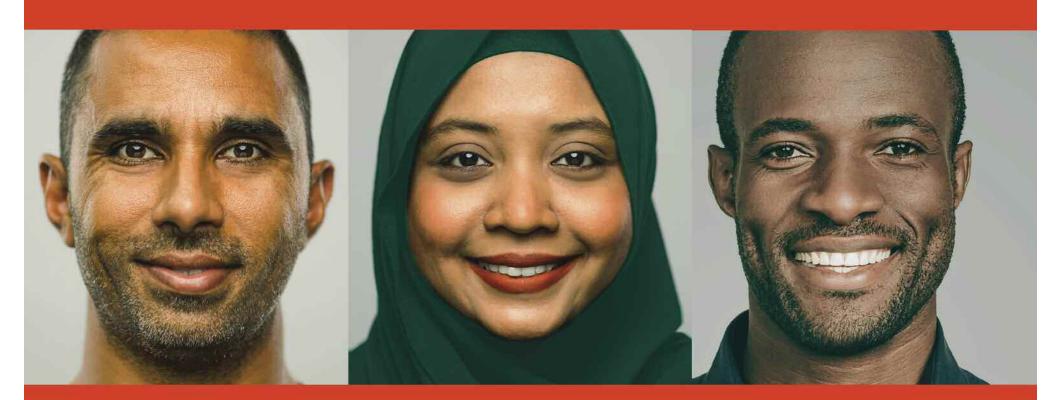
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THE LATEST ENTERTAINMENT AND CELEBRITY NEWS FROM BOLLYWOOD & HOLLYWOOD







Michael Jackson's unique and unparalleled artistry comes to the West End stage direct from Broadway Aidan Oti as Little Marlon.

Tickets are on sale now. For further information see www.mjthemusical.com.

He is one of the greatest entertainers of all time. Now, Michael Jackson's unique and unparalleled artistry comes to the West End

stage direct from Broadway in the multiple
Tony Award®-winning new musical MJ.
Centred around the making of his 1992
'Dangerous World Tour', MJ goes beyond
the singular moves and signature sound of the star to offer a rare look at the creative mind and collaborative spirit that catapulted Jackson to legendary status.

MJ delivers a theatrical experience like no

other, electrifying audiences with dozens of the most iconic songs in music history, including Billie Jean, Beat It, Man in the Mirror, Thriller and Smooth Criminal.

Now, Lia Vollack, John Branca and John

McClain, producers of the acclaimed award-winning Broadway musical MJ, announce casting for the UK premiere production which begins performances at the Prince Edward Theatre, London from Wednesday 6

Cast to be led by previously announced **Myles Frost who brings** his star-making performance to London

As previously confirmed, Myles Frost, who originated the role of Michael Jackson in New York and for which he won the Tony Award® for Best Actor in a Musical, will bring his star-making performance to the West End.

He will be joined by Ashley Zhangazha as Joseph Jackson / Rob, Mitchell Zhangazha as Michael, Philippa Stefani as Rachel, Phebe Edwards as Katherine Jackson / Kate, Matt Mills as Berry Gordy / Nick, Rohan Pinnock-Hamilton as Tito Jackson / Quincy Long Matt Consolve as Aleiandro Long Jones, Matt Gonsalves as Alejandro, Jon Tsouras as Dave, Kieran Alleyne as MJ Alternate & Standby for Michael, Kwamé Kandekore Standby for MJ & Michael. The full cast will include Derek Aidoo,

Morgan Baulch, Milan Cacacie, Spencer Darlaston-Jones, Hanna Dimtsu, Aden Dzuda, Marie Finlayson, Christopher Gopaul, Kalisha Johnson, Grace Kanyamibwa, Travis Kerry, Dianté Lodge, Simeon Montague, George Ross, Lydia Sterling, Toyan Thomas-Browne, Taylor Walker, Charlotte, Kate Warren and Taylor Walker, Charlotte-Kate Warren and Tavio

Wright.

MJ will also introduce Jaydon Eastman, Elliot Mugume, Ethan Sokontwe and Dylan Trigger as Little Michael, Cristiano Cuino, Sekhani Dumezweni, Khanya Madaka and Aidan Oti as Little Marlon.

The anticipation reaches new heights as the much-awaited trailer for India's Biggest Aerial Action film, 'Fighter' has just taken off!

Featuring a compelling script and a stellar cast, including Hrithik Roshan, Deepika Padukone, and Anil Kapoor's powerhouse performances, 'Fighter' trailer takes the audience on an epic journey with the elite unit of the Indian Air Force - the Air Dragons.

Helmed by blockbuster director Siddharth Anand and presented by Viacom18 Studios in association with Marflix Pictures, 'Fighter' is set to redefine cinematic excellence with a thrilling combination of adrenaline-

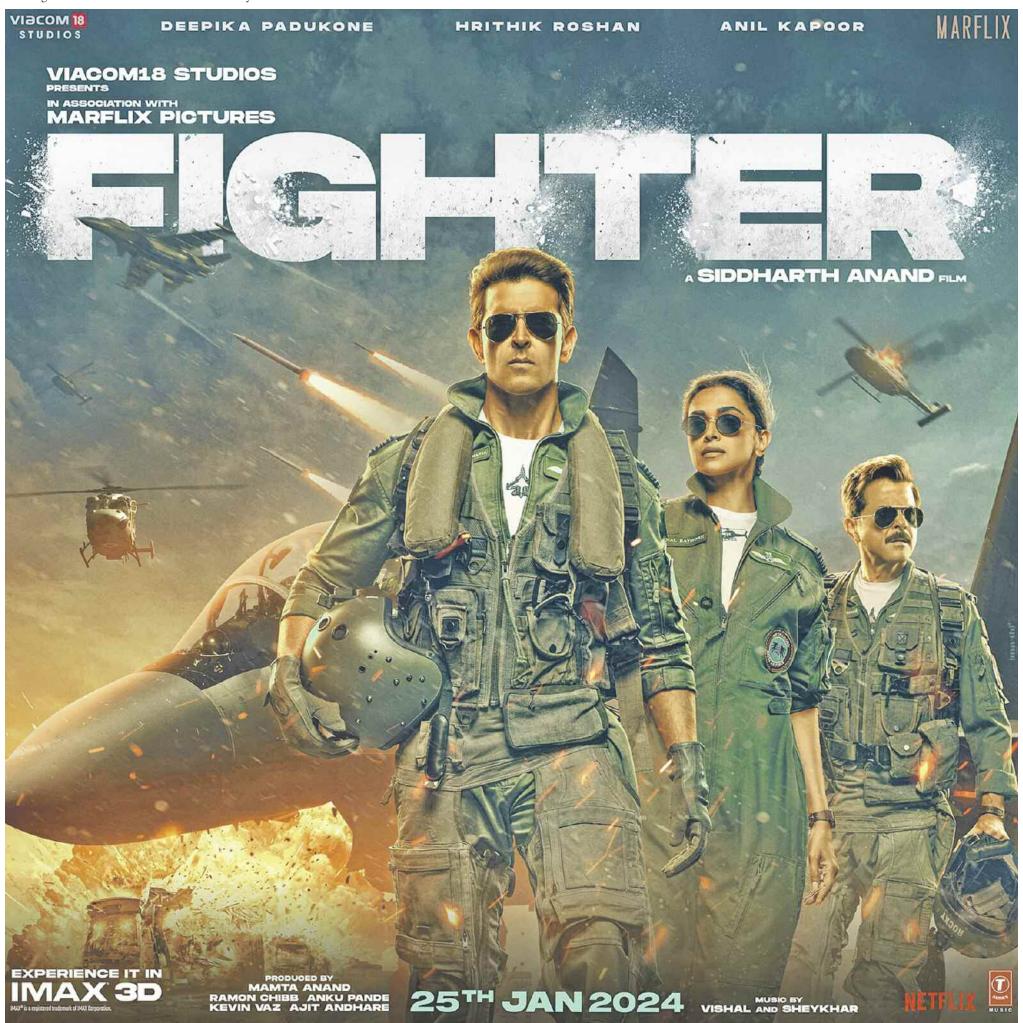
pumping action sequences along with the spirit of patriotism, offering a perfect blend of entertainment and emotion.

The movie follows squad members as they embark on a mission to safeguard India's skies and the nation by confronting looming threats. The trailer beautifully encapsulates the camaraderie, courage, and sacrifice of these heroes, making 'Fighter' a mustwatch for everyone across generations.

Get ready to witness a journey of courage, sacrifice, and triumph, as 'Fighter' soars to new heights of cinematic excellence. 'Fighter' releases in cinemas and IMAX 3D on 25th January.

FIGHTER

An invincible tale of glory, thrill and bravery in Bollywood's biggest aerial action film



Produced By: Oprah Winfrey, Steven Spielberg, Scott Sanders, Quincy Jones

Directed By: Blitz Bazawule

Starring: Fantasia Barrino, Taraji P. Henson,

Danielle Brooks, Colman Domingo, Corey Hawkins, H.E.R., Halle Bailey,

Aunjanue Ellis-Taylor

Warner Bros. Pictures invites you to experience the extraordinary sisterhood of three women who share o unbreakable bond in The Color Purple.

This bold new take on the beloved classic is directed by Blitz Bazawule, a multi-medium artist whose breakout first feature is the highly acclaimed The Burial of Kojo. The film's all-

star producers are Oprah Winfrey, Steven Spielberg, Scott Sanders and Quincy Jones.
The Color Purple stars Oscar nominee Taraji P. Henson (The Curious Case of Benjamin Button), SAG Award winner and Tony Award nominee Danielle Brooks (The Color Purple, Orange Is the New Black), Tony nominee and Emmy Award winner Colman Domingo (Euphoria, Ma Rainey's Black Bottom), Tony Award nominee Corey Hawkins (Six Degrees of Separation, In the Heights), Oscar- and Grammy-winning artist H.E.R. (Judas and the Black Messiah), Grammy nominee Halle Bailey (The Little Mermaid), Oscar nominee Aunjanue Ellis-Taylor (King Richard, Ray), and Grammy-winning artist Fantasia Barrino in her major motion picture debut.

The screenplay is by acclaimed playwright Marcus Gardley, who won a WGA Award for

Maid. His script is based on the novel by Alice Walker and based on the musical stage play, book (of the musical stage play) by Marsha Norman, music and lyrics by Brenda Russell,

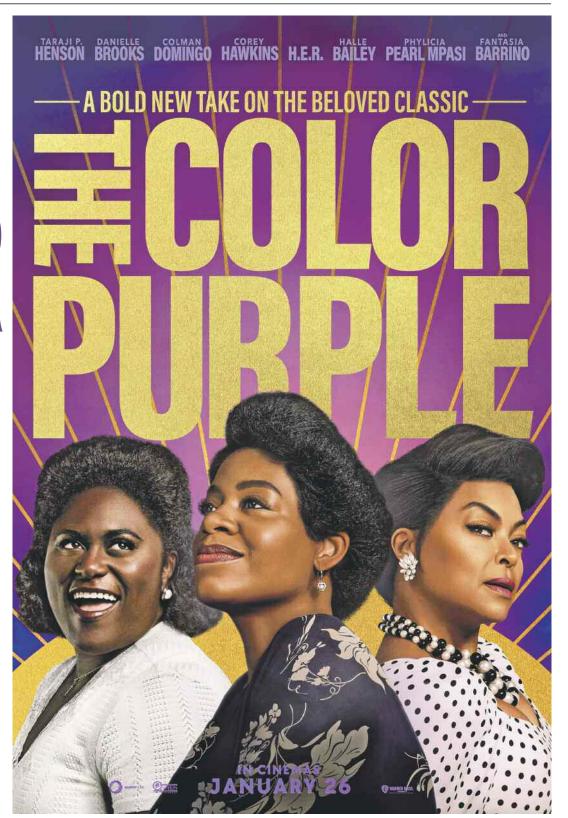
Allee Willis and Stephen Bray.

Joining director Bazawule behind the camera are a roster of acclaimed artisans, including Oscar-nominated director of ncluding Oscar-nominated director of photography Dan Laustsen (The Shape of Water), Oscar-winning production designer Paul Denham Austerberry (The Shape of Water), editor Jon Poll (Bombshell, Meet the Parents), costume designer Francine Jamison-Tanchuck (Glory, One Night in Miami...) and choreographer Fatima Robinson (Dreamgirls). The music is by Oscar pominac Kris Rowers (King Richard Oscar nominee Kris Bowers (King Richard, Green Book, documentary short A Concerto Is a Conversation).

Warner Bros. Pictures Presents,

Association with Domain Entertainment, An Amblin Entertainment Production, An OW Films Production, An SGS Pictures Production/A QJP Production, The Color Purple. It will be distributed worldwide by Warner Bros. Pictures.

The Color Purple will be released across the UK and Ireland on January 26, 2024



ODEON TICKETS! WIN ODEON TICKETS! WIN ODEON TICKETS!



Odeon and The Asian Express bring back the movie mania as you get a chance to win free cinema tickets. Answer a simple question and you could win tickets to a film of your choice.

What's the title of Bollywood's biggest ever aerial action film?

Send in your answers to my.competition@asianexpress.co.uk. Don't forget to mention your full name, contact details and address. Entry closes 10pm, 31st January 2024. Winners will be selected randomly from all correct entries. Hook on to this page for free cinema tickets to upcoming films.

TERMS AND CONDITIONS: The Competition is organised between the Asian Express Newspaper and Odeon. The Asian Express Newspaper reserves the right to cancel or amend the Competition, the Competition Notice or these Rules at any time without prior notice. Competition entries must be made in the manner and by the closing date specified on the Competition Rules. Failure to do so will disqualify the entry. In the event of any dispute regarding the Rules, Competition Notice, conduct, results and all other matters relating to a Competition, the decision of the Asian Express Newspaper shall be final and no correspondence or discussion shall be entered into. To qualify to enter the Competition you must be resident in the United Kingdom and aged 16+. Only one entry per person per Competition is allowed and multiple entries will result in an entrant being disqualified. Additional eligibility requirements may apply to a specific Competition, e.g. identification such as a valid passport, student card and/or driver's licence. Prizes are non-transferable and there is no cash alternative. Winners may be requested to take part in promotional activity and the Asian Express Newspaper reserves the right to use the names of winners, their photographs and audio and/or visual recordings of them in any publicity. Any personal data relating to entrants will be used solely in accordance with current UK data protection legislation and will not be disclosed to a third party without the individual's prior consent. The Competition and the terms and conditions of this agreement will be governed by English law.

cinemas this **Mean Girls** month

Release date: 24/11/2023

Starring: Angourie Rice, Reneé Rapp, Auli'i Cravalho, Jaquel Spivey, Avantika, Bebe Wood, Tina Fey **Directors:** Samantha Jayne, Arturo Perez Jr.

Genre: Comedy/Musical

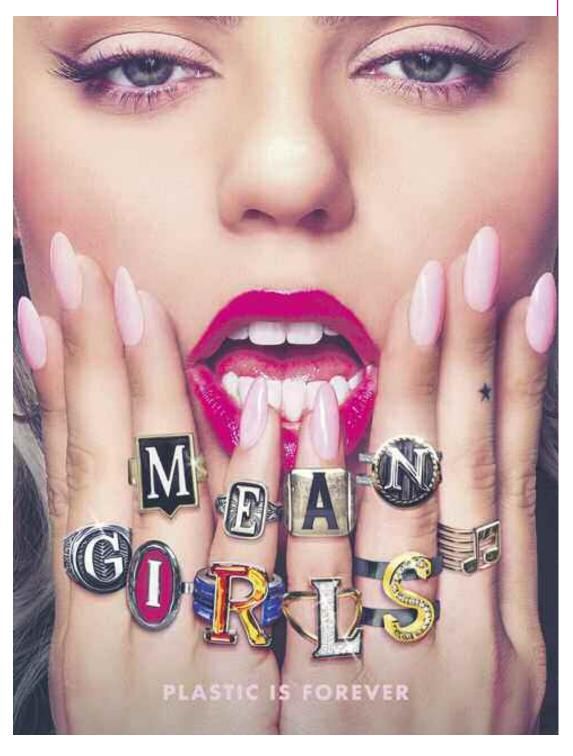
Cert: 12A

From the comedic mind of Tina Fey comes a new twist on the modern classic, Mean Girls.

New student Cady Heron (Angourie Rice) is welcomed into the top of the social food chain by the elite group of popular girls called "The Plastics," ruled by the conniving queen bee Regina George (Reneé Rapp) and her minions Gretchen (Bebe Wood) and Karen (Avantika). However, when Cady makes the

major misstep of falling for Regina's ex-boyfriend Aaron Samuels (Christopher Briney), she finds herself prey in Regina's crosshairs.

As Cady sets to take down the group's apex predator with the help of her outcast friends Janis (Auli'i Cravalho) and Damian (Jaquel Spivey), she must learn how to stay true to herself while navigating the most cutthroat jungle of all: high



One Life

Release date: 1/1/2024

Starring: Romola Garai, Lena Olin, Marthe Keller, Jonathan Pryce, Johnny Flynn,

Helena Bonham Carter, Anthony Hopkins

Director: James Hawes

Genre: Biography/Drama/History

Cert: 12A

One Life tells the true story of Sir Nicholas 'Nicky Winton, a young London broker who, in the months leading up to World War II, rescued 669 predominantly Jewish children from the Nazis.

Nicky visited Prague in December 1938 and found families who had fled the rise of the Nazis in Germany and Austria, living in desperate conditions with little or no shelter and food, and under threat of Nazi invasion. He immediately realised it was a race against time. How many children could he and the team rescue before the borders closed?

Fifty years later, it's 1988 and Nicky lives haunted by the fate of the children he wasn't able to bring to safety in England; always blaming himself for not doing more. It's not until a live BBC television show, 'That's Life', surprises him by introducing him to some surviving children – now adults – that he finally begins to come to terms with the guilt and grief he had carried for five decades.



HOPKINS FLYNN BONHAM CARTER



IN CINEMAS JANUARY 1



Poor Things Release date:

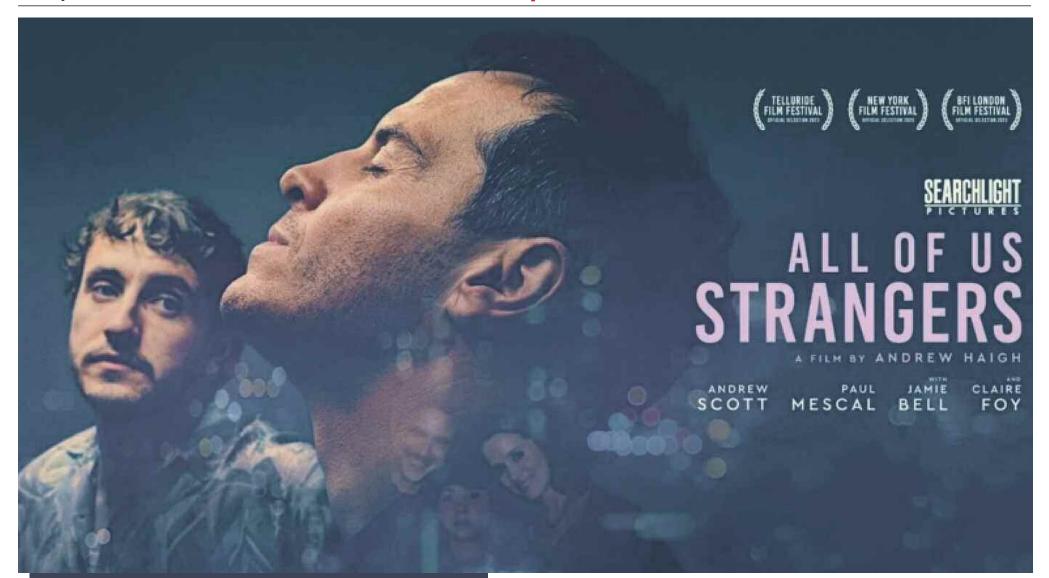
12/1/2023 **Starring: Margaret Qualley,**

Jerrod Carmichael. Willem Dafoe, Emma Stone, Mark Ruffalo **Director: Yorgos** Lanthimos Genre:

Romance/Sci-Fi **Cert: 18**

From filmmaker Yorgos Lanthimos and producer Emma Stone comes the incredible tale and fantastical evolution of Bella Baxter (Stone), a young woman brought back to life by the brilliant and unorthodox scientist Dr. Godwin Baxter (Dafoe).

www.asianexpress.co.uk January 2024 - 3rd Edition Entertainment



All Of Us Strangers Release date: 26/1/2024

Starring: Jamie Bell, Claire Foy, Paul Mescal

Director: Andrew Haigh Genre: Drama/Fantasy

Cert: 15

One night in his near-empty tower block in contemporary London, Adam (Andrew Scott) has a chance encounter with a mysterious neighbour Harry (Paul Mescal), which punctures the rhythm of his everyday life.

As a relationship develops between them, Adam is preoccupied with memories of the past and finds himself drawn back to the suburban town where he grew up, and the childhood home where his parents (Claire Foy and Jamie Bell), appear to be living, just as they were on the day they died, 30 years before.

The Holdovers

Release date: 19/1/2024

Starring: Da'Vine Joy Randolph, Dominic Sessa, Paul Giamatti

Director: Alexander Payne Genre: Comedy/Drama

Cert: 15

From acclaimed director Alexander Payne, The Holdovers follows a curmudgeonly instructor (Paul Giamatti) at a New England prep school who is forced to remain on campus during Christmas break to babysit the handful of students with nowhere to go. Eventually he forms an unlikely bond with one of them -- a damaged, brainy troublemaker (newcomer Dominic Sessa) -- and with the school's head cook, who has just lost a son in Vietnam (Da'Vine Joy Randolph).



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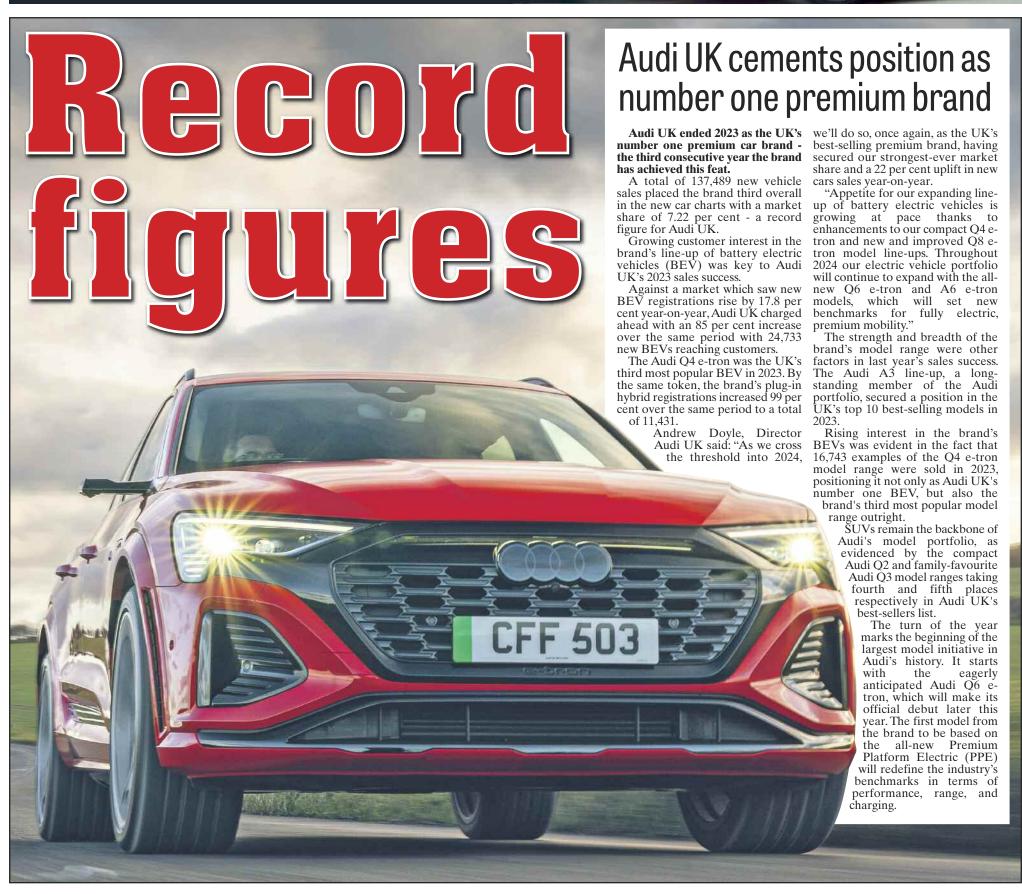
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Stunning performance





The new **McLaren GTS-**Supercar driving dynamics alongside daily usability and comfort



The super-lightweight GTS is engineered to delight drivers who demand the dynamic excellence and driving excitement of a McLaren and the ride comfort, refinement and luggage space suited to routine drives and extended journeys.

The elegant exterior lines of the GT remain the basis of the car's aerodynamic package and profile, but new visual enhancements mean that the GTS is even more assertive.

At the front of the GTS, the 'hammerhead' signature styling has been updated with a new lower front bumper section. This area of the car features newly sculpted air intakes that are more pronounced, with wider intakes to channel more air into the car's radiator system.

The front intake air blades can be optioned in gloss visual carbon fibre, reflecting McLaren's racing DNA and giving the GTS a more aggressive look. On the rear fenders, new, taller air scoops – also available in gloss visual carbon fibre - are sited on the car's shoulders. Like the redesigned front end, the enhancements on the rear fenders are functional, enabling greater airflow into the 4.0litre twin-turbocharged V8 engine.

The muscular visuals and surfacing of the GTS include a large rear diffuser and dual exhausts – the latter also part of a package that delivers a raw supercar soundtrack on demand with the

that delivers a raw supercar soundtrack on demand with the optional Sports Exhaust system.

At just 1,520kg (DIN) the GTS is the lightest car in its class and has a segment best power-to-weight ratio of 418PS per-tonne.

The power of the V8 M840TE 4.0-litre twin-turbocharged engine has been elevated to 635PS at 7,500rpm, the additional 15PS coming from increased crankshaft torque enabled by more aggressive combustion phasing and revised ignition timing. A launch-control function is standard; when enabled, the GTS hits 0-100km/h (0-62mph) in only 3.2 seconds and 0-200km/h (0-124mph) 100km/h (0-62mph) in only 3.2 seconds and 0-200km/h (0-124mph) in just 8.9 seconds. The maximum speed of the GTS is 326km/h

The GTS has a seven-speed SSG transmission that provides smooth, seamless and rapid shifts in default-from-start-up Comfort mode, ensuring relaxing yet brisk acceleration. Beyond this, a driver

modes – Sport and Track – via the Active Dynamics Panel.

The McLaren GTS is equipped with 390mm brake discs at the front and 380mm discs at the rear, all carbon ceramic. With lightweight six-piston aluminium calipers (four-piston at the rear), the braking system delivers immense feel and performance, capable of bright size to see the solutions of the properties of the size o

of bringing the car to a halt from 62mph in just 32 metres.

The GTS is also well within its comfort zone in urban environments. Underbody ground clearance of 110mm can be increased to 130mm using the vehicle lift function. Enhanced over the GT's system, the GTS vehicle lift can now raise or lower the nose in only four seconds – more than twice as fast as before.

A carbon fibre rear upper structure within the monocoque chassis' design allows for the creation of a large and versatile luggage space (420 litres in capacity) behind the passenger cell.

The luggage space is complemented by a 150 litre storage within the nose of the car. The total cargo space of 570 litres makes the McLaren GTS the most practical new supercar on sale today.

As standard, the Comfort seats of the GTS are upholstered with Nappa leather trim alongside a leather trimmed steering wheel. The 10.25-inch digital instrument display, with its crisp and sharp graphics, provides a clear view of vital driver information such as speed, gear selection and engine revs, and integrates with the standard navigation system to provide turn by turn directions.

speed, gear selection and engine revs, and integrates with the standard navigation system to provide turn-by-turn directions.

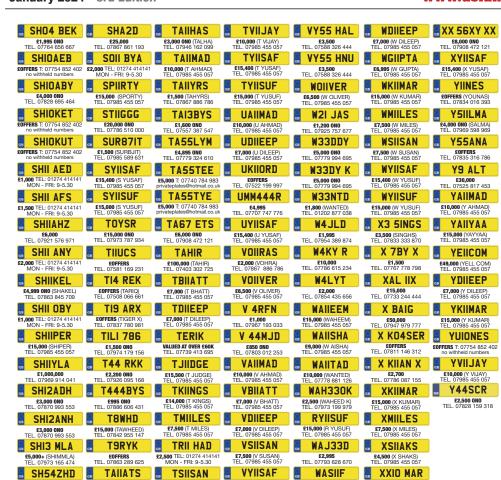
The GTS also features a 7-inch central touchscreen infotainment system, portrait in orientation. Sharp and responsive thanks to its powerful 10-core processor, it's easy to use, with its smartphonestyle menu and input method. Satellite navigation with HERE® navigation mapping and real-time traffic information, Bluetooth radio mapping and real-time traine information, Buctooth telephone connectivity and media streaming, plus DAB digital radio reception is standard. A Bowers & Wilkins premium audio system comprising 12-speakers, along with carbon fibre sub-bass woofers and Kevlar mid-range drive units is optionally available. Interior illumination by way of hidden-until-lit six-colour ambient lighting is offered, while the natural light afforded by a class paperamic roof is available with an electrochromic classed.

ambient lighting is offered, while the natural light afforded by a glass panoramic roof is available with an electrochromic glazed panel, which replaces the standard carbon fibre composite gloss black roof. The panel allows a driver to select one of five light transmission levels at the touch of a button. In its darkest setting, the electrochromic roof provides a 0.6% light transmission level.

Further additions include a new 10-spoke Turbine lightweight forged alloy wheel, available in Silver, Gloss Black, Gloss Black with Diamond Cut effect, and Orum. The standard wheel for the GTS is a 10-twin-spoke forged alloy wheel, also offered in Silver, Gloss Black or Gloss Black Diamond Cut, alongside an exclusive Tungsten option. Both wheel designs can be combined with new optional titanium locking wheel bolts, which are 35% lighter than optional titanium locking wheel bolts, which are 35% lighter than the standard bolts, reducing unsprung mass. McLaren's technical partner Pirelli supplies P ZEROTM tyres developed specially for the GTS, offering high-performance and levels of grip, alongside refinement in equal measure.

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£5,000 (0011 ASH) TEL. 07985 455 057	£8,000 TEL. 07733 244 444	£39,000 (ASHLEE) TEL. 07985 455 057	£6,995 TEL. 07530 612 171	£20,000 (DOLLORS) TEL. 07815 114 201	£8,500 (ETHAN M) TEL. 07985 455 057	£8,000 0N0 TEL. 07908 472 121	£20,000 (JOHNTY) TEL. 07985 455 057	£9,895 0N0 TEL. 07779 324 610	£19,000 (MAHBUB) TEL. 07985 455 057	£5,000 T: 07740 784 983 privateplates@hotmail.co.uk	£8,500 (N BLACK) TEL. 07985 455 057	£11,000 (PAUL JR) TEL. 07985 455 057	£2,995 TEL. 07867 861 193
I23 YKP	AKH773R	ASIIMED	BAS33R	DRIIOPE	ETIIANR	GSIISAN	J055FYN	KHIIAAN	MAIIDAA	MR 57NOH	NCIIARK	PAIILSG	RGIIGGS
£1,275 0N0 TEL. 07852 290 229	£2,995 TEL. 07867 861 193	£8,000 (ASHOK M) TEL. 07985 455 057	£13,000 0N0 TEL. 07879 230 103	£8,000 (DR HOPE) TEL. 07985 455 057	£8,500 (ETHAN R) TEL. 07985 455 057	£7,500 (G SUSAN) TEL. 07985 455 057	£0FFERS T: 07740 784 983 privateplates@hotmail.co.uk		£1,500 0N0 (MAIDA) TEL. 07946 162 099	£8,000 (MR SINGH) TEL: 07731 464002	£9,000 (N CLARK) TEL. 07985 455 057	£11,000 (PAUL SG) TEL. 07985 455 057	£29,000 (R GIGGS) TEL. 07985 455 057
IBZ 786 OFFERS OVER £10,000	85.500	S4 500 (ASH BA.I)	BCIIARK	DRIIORN £8,000 (DR HORN)	ETIIANT	E15.000 (GUIDES)	JON8OSS £6,995	E10,000 TEL: 01274 414141	E1,500 ONO (MAIDAH)	MR N4S £0FFERS	NDIEEP £7,000 (N DILEEP)	PAILSR £11,000 (PAUL SR)	RJIDGE £15,500 (R JUDGE)
TEL. 07889 184 532	TEL. 07947 979 777	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07530 612 171	MON - FRI: 9-5.30	TEL. 07946 162 099	TEL. 07787 334 567	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057
OFFERS OVER £35,000	£1200 ONO	ASIIRAP £2,500 (ASHRAF)	BDIIEEP £7,000 (B DILEEP)	£15,000 (DR IANS)	£8,500 (ETHAN W)	E3,000 ONO (GULLFAM)	2900 ONO (JAT OK)	E8,000	E1,500 ONO (MALEK)	MSIIOPE £9,500 (MS HOPE)	NAS555A £4,500	PAIIMAD £10,000 (P AHMAD)	RSIIAUN £15,000 (R SHAUN)
TEL. 07971 827 913	TEL. 07884 115 115	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	TEĹ. 07985 455 057	TEL. 07946 162 099	TEL. 07581 423 143	TEL. 07921 576 971	TEL. 07946 162 099	TEĹ. 07985 455 057	TEL. 07867 861 193	PAIISHA	TEL: 07985 455 057
£4,000 TEL. 07733 244 444	£3,000 0N0 (ALI HASSAI TEL. 07946 162 099		£2,995 0N0 TEL. 077970 914 137	£12,000 (DR HARY) TEL, 07985 455 057	£10,000 (E VIJAY) TEL. 07985 455 057	OFFERS OVER £5,000 TEL. 07597 629 845	£1500 0N0 TEL. 07774 246 877	£1,000 TEL: 01274 414141 MON - FRI: 9-5.30		£9,500 (MS HALE) TEL, 07985 455 057	£29,000 (NEIL FOX) TEL. 07985 455 057	£9,000 (P AISHA) TEL 07985 455 057	£10,000 (R VIJAY) TEL. 07985 455 057
786 KAM	AMO3EAR	ASI4 NAK	BD55TAN	DRIIAYS	EVIIKAR	GVIIJAY	J4 NGS	KHIINGZ	MAIIMED	MSIIALY	N KIIANZ	PAII VEZ	RYIISAF
£25,000 TEL. 07733 244 444	£3,000 0N0 TEL. 07506 342 385	£1,500 0N0 TEL. 07983 590 591	£2,495 TEL. 07954 389 874	£8,000 (DR HAYS) TEL. 07985 455 057	£650 0N0 (EVIL CAR) TEL. 07411 953 337	£10,000 (G VIJAY) TEL. 07985 455 057	£10,000 TEL. 07815 114 201	£13,000 TEL. 07921 576 971	£29,000 (M AHMED) TEL. 07985 455 057	£9,500 (MS HALY) TEL. 07985 455 057	£1,500 0N0 (NKHANZ) TEL. 07946 162 099	£1,500 TEL: 01274 41414 MON - FRI: 9-5.30	
786 MAK	AMO4EAR	S ASI4 NJT	BEIIOLD	B DR 5INGG	EYIISAF	GYIISAF	J4UEO	KH59 LED	MAIIMVD	MSIIAWK	NLIICAS	PDIIEEP	RYIISUF
£10,000 0N0 TEL. 07887 690 098	£3,000 0N0 TEL. 07506 342 385	£1,500 0N0 TEL. 07983 590 591	£19,000 (BEHOLD) TEL. 07985 455 057	£0FFERS TEL. 07720 376 861	£15,400 (E YUSAF) TEL. 07985 455 057	£15,400 (G YUSAF) TEL. 07985 455 057	£2,495 TEL. 07954 389 874	£3,000 TEL. 07970 281 994	£1500 (MAHMUD) TEL. 07867 886 786	£9,500 (MS HAWK) TEL. 07985 455 057	£7,000 (N LUCAS) TEL. 07985 455 057	£7,000 (P DILEEP) TEL. 07985 455 057	£15,000 (R YUSUF) TEL. 07985 455 057
82 GK	E2,000 TEL: 01274 41414	ASI4NSX £15,000 0N0	BHO4GUL £0FFERS (BHOGUL)	DR5ISHA £995 (DR. SHISHA / SHA	EYIISUF £15,000 (E YUSUF)	E15,000 (G YUSUF)	£15,000 (JALLALS)	E15,000 (K KUMAR)	MAII RYM £1,500 TEL: 01274 414141	MSIIAYS £9,500 (MS HAYS)	NOII SHN £2,500 TEL: 01274 414141	PD55ESS £1,500 0N0 (POSSESS)	SOILJA £10,000 (SOULJA)
TEL. 07787 334 567	MON - FRI: 9-5.30	TEL. 07908 472 121	TEL. 07970 026 653	TEL. 07834 531 683	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	MON - FRI: 9-5.30	TEL. 07985 455 057	MON - FRI: 9-5.30	TEL. 07971 732 789	TEL. 07786 615 234
£5,000 0NO (AMJED)	£5,000 TEL: 01274 41414		BH54RAT £0FFERS (BHARAT)	E8,000 T: 07740 784 983	FI 6UJR £2,500 (F1 GUJR)	E1,950 ONO (HUSSAIN)	£10,000 (J AHMAD)	£15,000 (K SHAUN)	£18,000 (M AHTAB)	MSIIUGH £15,000 (MS HUGH)	E15,000 (N SHAUN)	PHIIFOX £29,000 (PHIL FOX)	SOC4R £0FFERS
TEL. 07971 732 789	MON - FRI: 9-5.30	TEL. 07976 024 735	TEL. 07970 026 653	privateplates@hotmail.co.u	FI7 STX	TEL. 07956 214 163	TEL: 07985 455 057	TEL. 07985 455 057	TEL: 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07787 334 567
£1,499 0N0 TEL. 07875 337 224	£5,000 TEL: 01274 41414 MON - FRI: 9-5.30		£15,000 (B KUMAR) TEL. 07985 455 057	£15,000 (D SHAUN) TEL, 07985 455 057	£2,999 0N0 TEL. 07904 018 063	£8,895 0N0 TEL. 07779 324 610	£15,000 (J AHMED) TEL, 07985 455 057	£2,000 TEL. 07588 326 444	£4,000 TEL. 07588 326 444	£7,500 (M SUSAN) TEL, 07985 455 057	£7,500 (N SUSAN) TEL. 07985 455 057	£14,000 (P KINGS) TEL. 07985 455 057	£0FFERS (SHEIKH) TEL. 07815 114 201
A212 JAN	ANII SAR	ATT4H	BSIIAUN	DSIISAN	F44EEM	HOIIVER	JA55BYR	E KAIITAA	MA55 UMM	MUIIAMD	NUII ZAT	PMILES	SIILYM
£0FFERS OVER £5,000 TEL. 07817 615 022	£2,500 TEL: 01274 41414 MON - FRI: 9-5.30	£8,500 ONO NO WITHHELD N TEL. 07786 424 251	 £15,000 (B SHAUN) TEL. 07985 455 057 	£7,500 (D SUSAN) TEL. 07985 455 057	£4,500 TEL. 07825 040 037	£7,500 (H OLIVER) TEL. 07985 455 057	£8,895 TEL. 07779 324 610	£10,000 (K VIJAY) TEL. 07985 455 057	£2,800 TEL. 07588 326 444	£10,000 (MOHAMMAD) TEL. 07867 886 786	£1,500 TEL: 01274 414141 MON - FRI: 9-5.30	£7,500 (P MILES) TEL. 07985 455 057	£5,000 TEL. 07900 895 552
E1,500 TEL: 01274 414141	E5,000 TEL: 01274 41414	AVIIJAY	BT55MLA £1,500 0NO (BISSMILA)	E10,000 (D VIJAY)	F44TMA £7,500	EREASONABLE OFFERS	JAV333D £5,500	KYIISAF	M ALIS £0FFERS	MUII SAH £1,500 TEL: 01274 414141	E10.000 (N VIJAY)	PSIISAN £7,500 (P SUSAN)	SII OHL
MON - FRI: 9-5.30	MON - FRI: 9-5.30	TEL. 07985 455 057	TEL. 07971 732 789	TEL. 07985 455 057	TEL. 07825 040 037	TEL. 07525 927 144	TEL. 07867 861 193	£15,400 (K YUSAF) TEL. 07985 455 057	TEL. 07787 334 567	MON - FRI: 9-5.30	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07545 218 365
£15,000 (A AHMAD)	£1,500 0N0 (ANSAAR)		E5,000 ONO (BUSTED)	£15,400 (D YUSAF)	FAII RYD £1,000 TEL: 01274 41414	1 £950 ONO	£7,000 (J DILEEP)	E3,800	E4,000 ONO	£1,500 (MOHAMMAD)	£15,400 (N YUSAF)	ESERIOUS OFFERS	SIIRGL £0FFERS
TEL. 07985 455 057	TÉL. 07946 162 099	TEĹ. 07985 254 294	TÉL. 07985 455 057	TEL. 07985 455 057	MON - FRI: 9-5.30	TEL. 07968 642 402	TEL. 07985 455 057	TEL. 07588 326 444	TEL. 07990 116 644	TÉL. 07867 886 786	TEL. 07985 455 057	TEL. 07707 146 047	TEL. 07919 583 618
£20,000 (AALIYAA) TEL, 07985 455 057	£1,000 TEL. 07983 480 777	£9,500 (A YUNUS) TEL. 07985 455 057	£10,000 (B VIJAY) TEL, 07985 455 057	£15,000 (D YUSUF) TEL. 07985 455 057	£9,000 (F AISHA) TEL. 07985 455 057	£12,000 (HAILEE X) TEL. 07985 455 057	£20,000 TEL. 07786 615 234	£3,500 TEL. 07588 326 444	£1400 (M DAWOOD) TEL. 07428 657 147	£10,000 (M VIJAY) TEL. 07985 455 057	£15,000 (N YUSUF) TEL. 07985 455 057	£15,000 (P WILSON) TEL. 07985 455 057	£1,200 0N0 TEL. 07791 919 237
AAI2JAN	MEECUA 📰	ASIISAF	BYIISAF	EAIIMAD	FAIIMAD	HAIIEYX	JKII ANN	LII KJY	MDIIEEP	MYIINUS	NYSS AAR	PYIISAF	S40YB K
£15,000 (ARJAN) TEL. 07731 464002	£4,995 TEL. 07867 861 193	£15,400 (A YUSAF) TEL. 07985 455 057	£15,400 (B YUSAF) TEL. 07985 455 057	£10,000 (E AHMAD) TEL. 07985 455 057	£10,000 (F AHMAD) TEL. 07985 455 057	£12,000 (HAILEY X) TEL. 07985 455 057	£2,500 (J KHAN) TEL. 07815 114 201	£1,195 0N0 TEL. 07867 770 940	£7,000 (M DILEEP) TEL. 07985 455 057	£9,500 (M YUNUS) TEL. 07985 455 057	TEL. 07588 326 444	£15,400 (P YUSAF) TEL. 07985 455 057	£1,495 (SHOYB/SAQYB K) TEL. 07786 424 251
AA5IZAA	ANW444R £10,000 0NO (ANWAAR	AYIISUF	BYIISUF	EAIIMED	FAIIMED	ANIIAH	JKIIMAR	LI 4 USY	MDIIAMD	MYIIPOD	NY55 HAA	PYIISUF	S44JED
£0FFERS TEL. 07977 612 479	TÉL. 07946 162 099	TEL. 07985 455 057	£15,000 (B YUSUF) TEL. 07985 455 057	£15,000 (E AHMED) TEL. 07985 455 057	£15,000 (F AHMED) TEL. 07985 455 057	£10,000 (H AHMAD) TEL. 07985 455 057	£15,000 (J KUMAR) TEL. 07985 455 057	£3,000 (U 4 USY / LUSY) TEL. 07786 424 251	£2,500 (MOHAMMAD) TEL. 07867 886 786	£3,000 (MY IPOD) TEL. 07985 455 057	£1,250 TEL. 07588 326 444	£15,000 (P YUSUF) TEL. 07985 455 057	£0FFERS yourplate@yahoo.co.uk
E8,895 ONO	E10,000 ONO (ANWAAR	AYII UBS) £2,000 TEL: 01274 41414	1 £2,500	EA55TAL £0FFERS T: 07740 784 98	FAH44D 83 £9,995	£15,000 (H AHMED)	USIISAN £7,500 (J SUSAN)	£10,000 0N0 (IMRAN)	£19,000 (MEHBUB)	E995 (MY SHISHA)	£20,000 (OO LLOYD)	ROIIANG £9,500 (ROHAN G)	\$48 EYA £2,500
TEL. 07779 324 610	TÉL. 07946 162 099	MON - FRI: 9-5.30	TEL. 07764 656 667	privateplates@hotmail.co.u	TEL. 07530 612 171	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07759 097 070	TEL: 07985 455 057	TEL. 07834 531 683	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07588 326 444
TEL. 07588 326 444	£3,000 (A SHAHS) TEL. 07815 114 201	£0FFERS TEL. 07971 850 490	£7,500 (CLASSY) TEL, 07815 114 201	£0FFERS T: 07740 784 98	£5,500	OFFERS OVER £5,000 TEL. 07973 165 474	£15,000 (J SHAUN) TEL. 07985 455 057	£2,000 0N0 TEL. 07427 677 989	£19,000 (MEHMUD) TEL, 07985 455 057	£7,500 T: 07740 784 983	£15,000 (OO HARY) TEL. 07985 455 057	£9,500 (ROHAN K) TEL, 07985 455 057	£1,200 0N0 TEL. 07791 919 237
AALI5	ASII AKS	■ B055Y B0	C 5KY W	EAS7S	FAZ 786	HAI7 GEL	PALIIVL B	LAI4BBA	MEIITAB	NOO5HEN	OAIIMAD	ROIIANP	S7KCK
£15,000 TEL. 07733 244 444	£1,500 TEL: 01274 41414 MON - FRI: 9-5.30			EREASONABLE OFFERS TEL. 07974 179 156	OVER £10,000 TEL. 07765 555 786	£8,000 0N0 TEL. 07908 472 121	£10,000 (J VIJAY) TEL. 07985 455 057	£675 0N0 (LAIBA) TEL. 07779 050 970	£18,000 (MEHTAB) TEL. 07985 455 057	£0FFERS TEL. 07870 696 399	£10,000 (O AHMAD) TEL. 07985 455 057	£15,000 (ROHAN P) TEL. 07985 455 057	£1,000 TEL. 07508 341 074
AALII5	ASII GER	BIII NAA	CAIISHA	EBIIATT	FBIIACK	HA54NS R	SUMIIYL 📱	LDIIEEP	MJIIDGE	📕 NI7ILA E	OA55ERS	ROIIANX	S777YRA
£10,000 TEL. 07733 244 444	£2,000 TEL: 01274 41414 MON - FRI: 9-5.30	TEL. 07557 472 855	£9,000 (C AISHA) TEL. 07985 455 057	£7,000 (E BHATT) TEL. 07985 455 057	£8,500 (F BLACK) TEL. 07985 455 057	£0FFERS TEL. 07866 947 665	£9,500 (J YUNUS) TEL. 07985 455 057	£7,000 (L DILEEP) TEL. 07985 455 057	£25,000 (M JUDGE) TEL. 07985 455 057	£1,500 0N0 TEL. 07427 677 989	£5,000 ONO (QASSER) TEL. 07967 350 957	£12,500 (ROHAN X) TEL. 07985 455 057	E500 TEL. 07473 865 081
AAZI5 £0FFERS	E9.500 (ASHOK B)	EREASONABLE OFFERS	£10,000 (C AHMAD)	£BIIACK £8,500 (E BLACK)	FDIIEEP £7,000 (F DILEEP)	E HAB333B	£15,400 (J YUSAF)	£15,500 (LJUDGE)	E20.000 (M KUMAR)	815,000 ONO	E8,500 (O BLACK)	RI2I SAM £0FFERS	S8XXY £2,995 0N0
TEL. 07977 612 479 ABIOCHO	TEL. 07985 455 057	TEL. 07834 016 393	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07867 861 193	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07774 112 121	TEL. 07985 455 057	TEL. 07962 394 890	TEL. 07949 891 313
£0FFERS NO WITHHELD No TEL. 07754 852 402		£2,500 TEL. 07405 763 319	£0FFERS T: 07740 784 983	GS	£2,495 TEL. 07954 389 874	£16,000 (HEAVEN-HAVEN		£4,500 (L LUONG) TFL 07985 455 057	£1,495 TEL. 07794 820 437	£2,500 TEL. 07969 914 041	£9,000 (O CLARK) TEL 07985 455 057	£OFFERS	£6,995
ABIOSAB	ASIIOKD	BIGG BOB	privateplates@hotmail.co.uk	■ EGO 80Y	FESIALL	TEL. 07731 464002	KII ANN	LSIISAN	MOII BEN	N333RAA	ODIIEEP	TEL. 07707 707 609	TEL. 07867 861 193
£3,250 0N0 (ABID SAB) TEL. 07773 995 142	£9,500 (ASHOK D) TEL. 07985 455 057	£6,995 TEL. 07530 612 171	£0FFERS T: 07740 784 983 privateplates@hotmail.co.uk	£0FFERS TEL. 07787 334 567	£4,999 TEL. 07846 480 112	£15,000 (HELEN H) TEL. 07985 455 057	£50,000 TEL. 07815 114 201	£7,500 (L SUSAN) TEL. 07985 455 057	£3,000 TEL: 01274 414141 MON - FRI: 9-5.30	£0FFERS TEL. 07751 427 106	£7,000 (O DILEEP) TEL. 07985 455 057	£0FFERS TEL. 07816 488 420	£0FFERS (SHEETAL) TEL. 07786 510 000
ABIIACK	ASIIOKF	BI7SH U	CA65 NOW	EH55ANS	FGIIPTA	HEIIENM	K3LAM	E LVIIJAY	MRO4LLY	N444HEM	OEII BOY	RI2Y MP	SAIIDAH
£8,500 (A BLACK) TEL. 07985 455 057	£9,500 (ASHOK F) TEL. 07985 455 057	E0FFERS TEL. 07866 860 894	£4,000 0N0 TEL. 07908 472 121	OFFERS OVER £4,000 TEL. 07513 257 029	£6,995 (F GUPTA) TEL. 07985 455 057	£15,000 (HELEN M) TEL. 07985 455 057	£800 0N0 TEL. 07774 112 121	£10,000 (L VIJAY) TEL. 07985 455 057	£1,900 ONO (MR D ALLY) TEL. 07774 246 877	£5,500 0N0 TEL. 07766 645 325	£20,000 (DELL BOY) TEL. 07815 114 201	OFFERS OVER £400 TEL. 07866 992 500	£1,500 0N0 (SAIDAH) TEL. 07946 162 099
EOFFERS	£9,500 (ASHOK G)	BIS ALY £3,495	E7.000 (C BHATT)	£15,500 (E JUDGE)	FKIIMAR £15.000 (F KUMAR)	E15,000 (HELEN P)	E100,000 ONO	£15,400 (L YUSAF)	MRIO JAT	N44DLM SERIOUS OFFERS	E6.995 (O GUPTA)	RISWNA £3,000 ONO (RIZWANA)	SAIIHAS £1,500 ONO (SALIHA)
TEL. 07707 146 047	TEL. 07985 455 057	TEL. 07954 389 874	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07506 342 385	TEL. 07985 455 057	TEL. 07928 473 771	TEL. 07969 914 041	TEL. 07985 455 057	TEL. 07779 300 128	TEL. 07946 162 099
£3,500 0NO (ABRAAR) TEL, 07946 162 099	£9,500 (ASHOK H)	£995 (BIG FRR)	£7,000 (C DILEEP)	£15,000 (E KUMAR)	FLIICAS £7,000 (F LUCAS)	£15,000 (HELEN R)	OFFERS OVER £5,000	£15,000 (L YUSUF)	£9,500 (MR HOOK)	£1,995	£15,000 (O JUDGE)	OVER £2,000 ONO	£1,500 ONO (SAIKA)
ABDIIL	TEL. 07985 455 057	TEL. 07971 850 490	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	FAZ911@MSN.COM	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07954 389 874 N4 YEB	TEL. 07985 455 057	TEL. 07427 677 989	TEL. 07946 162 099 SAIIMAD
£10,000 0N0 (ABDUL) TEL. 07946 162 099	£9,500 (ASHOK J) TEL. 07985 455 057	£2,500 TEL. 07764 656 667	£0FFERS Panaceahealthcare@hotmail.co.uk	£7,000 (E LUCAS) TEL. 07985 455 057	£4,900 TEL. 07867 861 193	£15,000 (HELEN T) TEL. 07985 455 057	£10,000 (KAURS) TEL. 07815 114 201	£0FFERS TEL. 07787 334 567	£9,500 (MR HOBB) TEL. 07985 455 057	£950 TEL. 07896 699 241	£15,000 (O KUMAR) TEL. 07985 455 057	£0FFERS TEL. 07962 394 890	£15,000 (S AHMAD) TEL. 07985 455 057
ABR44R	ASIIOKK	BILRL	CBIIATT	ELIISAA	FSIISAN	HEIIOO X	K40SUM	MOIIEB X	MRIIOWE	N4 WED	OMILES	R34 RAJ	SAIIMAZ
£10,000 0N0 (ABRAAR) TEL. 07946 162 099	£9,500 (ASHOK K) TEL. 07985 455 057	£0FFERS (BILAL) TEL. 07808 950 492	£7,000 (C BHATT) TEL. 07985 455 057	£20,000 (ELISA A) TEL. 07985 455 057	£7,500 (F SUSAN) TEL. 07985 455 057	£1,500 ONO (HELLO X) TEL. 07946 162 099	£3,500 TEL. 07867 861 193	£0FFERS TEL. 07787 334 567	£15,000 (MR HOWE) TEL. 07985 455 057	£10,000 (NAWED, NAWEED) TEL. 07731 464002	£7,500 (O MILES) TEL. 07985 455 057	£0FFERS TEL. 07928 473 771	£3,500 ONO (SAIMA/SALMA) TEL. 07946 162 099
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Kia UK Limited and Surrey County Cricket Club (Surrey CCC) have extended their successful partnership for a further five years, to the end of

The agreement maintains Kia's headline sponsorship of the club and its home, the iconic Kia Oval, that first began in 2010, making it one of the longest brand associations in English sport. The sponsorship becomes the biggest partnership in the Club's 179year history.

The Kia logo will sit proudly around the historic ground, on both Surrey men's and women's shirts and across the Club's digital channels, helping to drive brand awareness among a global audience.

floodlights, with a commitment to switching from halogen bulbs to efficient LED lights in the coming years. This is expected to reduce energy consumption by approximately 40 per cent, and reduce carbon emissions by around 168 tons, compared to the existing halogen

Sustainability remains a commitment for Kia and Surrey CCC, with both setting a series of ambitious goals. Surrey CCC aims to reduce its total emissions output by 45 per cent by the end of 2024, with an 80 per cent carbon footprint reduction due by 2030. Kia is committed to realising worldwide carbon neutrality by 2045 and is set to introduce 15 fully electric vehicles globally by 2027, while all Kia The partnership will also see Kia sponsor the Club's four, 150 foot, manufacturing sites will be powered

by 100 per cent renewable energy by

The partnership will continue to place a strong emphasis on inspiring new generations of cricket players and enthusiasts. In September 2023, Kia gave young cricket fans the opportunity to be coached by cricket legend Kumar Sangakkara at the Kia Oval, creating memories that will last a lifetime. Kia has also created a bespoke fan zone called 'The Best Seats in the House', an inspirational space to watch the match, very close to where the action is.

Kia will continue to be closely

involved with the ground's renowned T20 matches, for example through the hugely popular 'Kia Catch' where fans can win £1,000 by cleanly catching a six struck into the stands. Visitors will also be able to explore first-hand the latest Kia vehicles, including the brand's expanding range of all-electric models, at many key matches.

Paul Philpott, President and CEO of Kia UK said of the sponsorship: "I am thrilled to be able to announce that Kia UK will be continuing this long-standing partnership that began almost 14 years ago with Surrey CCC.

"The partnership between Kia and Surrey CCC has been mutually beneficial for many years. Whether it's the collaboration we share with club and its fans, or the light the sponsorship has shone on our awardwinning vehicles to 27,500 pitch side spectators, plus many more remote viewers. We look forward to working closely with the club in the years to come, pursuing new goals based on our shared values.

Steve Elworthy MBE, Chief Executive Officer of Surrey CCC, said: "It's always been important for us to partner with a company that respects our Club's rich heritage, the game of cricket, and the health of the world around us. Having a partner that champions the importance of sustainability will help drive the Club towards our ambitious target of reaching Net Zero by 2030." Alec Stewart, Director of Cricket at

Surrey CCC, added: "Since 2010, the partnership has been a great success for both Kia and Surrey. Their continued support is crucial as we continue to strive towards winning trophies, and we are proud to be extending the deal for a further five



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WBC Silver Super Middleweight wBC Silver Super Middleweight champion Jaime Munguia is scheduled on January 27th to improve his record to 43-0, meeting former WBO Interim Super Middleweight champion John 'The Gorilla' Ryder, 32-6, in Phoenix, Arizona

In his last fight, he lost by a decision to Super Middleweight champion Saul 'Canelo' Alvarez in May. In his previous fight, he stopped Zack Parker, 22-0, for the WBO Interim title.

wins, and besides Munguia, it's welterweight champion Terence 'Bud' Crawford at 40-0, who has announced he is only having a couple more fights.

At only 27, Munguia is in no rush to fight others in his division like Saul 'Canelo' Alvarez or even David Benavidez, 28-0.

Munguia had three fights in 2022 but only fought once in 2023, winning the WBC Silver title and defeating Sergiy Derevyanchenko, 14-4, in Ontario, Canada, in June.

There are only two current Some of Munguia's best wins unbeaten boxers with at least 40 were over such opponents as

D'Mitirus Ballard, 21-0-1, in Tijuana

in February of 2022.

In October 2020, Munguia won the vacant WBO Inter-Continental Middleweight title, stopping Tureano Johnson, 21-2-1, in Indio,

In May of 2018, Munguia won the WBO World Super Welterweight title, stopping Sadam 'World Kid' Ali, 26-1, in four rounds in Verona, NY. He made five defenses, including defeating Liam 'Beefy' Smith, 26-1-1; Brandon 'Bad Boy' Cook, 20-1 in three rounds; Takeshi Inoue, 13-0-1; Dennis 'Hurricane'

Hogan, 28-1-1 and Patrick Allotey,

Hogan, 28-1-1 and Patrick Aholey, 40-3 in four rounds.

In February of 2018, Munguia won his first title, stopping in three rounds Argentina's Jose 'Puro' Carlos Paz, 21-6-1, for the vacant WBO Latino Super Welterweight

Hailing from Tijuana, Baja California, Mexico, Munguia has fought some thirty times in his home country, including his first twentyfive fights.

"John Ryder is not an easy fighter. He demonstrated that not only with Canelo but against Callum Smith

with a bunch of fighters," said Munguia to Boxing Social.

"I'm going to look to knock him out, and if I do that, I'm going to show that I'm learning from each fight and everything gets better with time.

"We're just focused on John Ryder. We know it's a tough fight, and if we want to fight the big names, we need to win over Ryder first," said Munguia when asked what his thoughts are that fans are talking about him possibly facing Canelo Alvarez next.





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Shortest reigning managers

29 days in charge of the League Two club, who find themselves stuck at the bottom of the table

Troy Deeney has been given the boot at Forest Green Rovers. The former Watford striker has been relieved of his managerial duties after just 29 days in charge of the League Two club, who find themselves stuck at the bottom of the

However, quick managerial changes are certainly not an issue exclusive to the lower leagues. In fact, there have been plenty of examples of managers getting the sack swiftly in the top flight too.

But who are the shortest-serving managers in the history of the Premier League? Betting.com has looked back on some of the shortest spells a football manager has ever had with a Premier

manager has ever had with a Premier League club.

With 14 permanent Premier League managers being sacked during the 2022/23 season, it was one of the least safe times to be a top flight gaffer.

In fact three managers who were dismissed in 2022/23 all made the top ten in the shortest serving managers - Leeds' Javi Gracia and Sam Allardyce, plus Southampton's Nathan Jones.

Southampton's Nathan Jones.
Javi Gracia's 70 days at Elland Road makes him the third shortest-serving Premier League, but that's nothing on the man who immediately replaced him. Sam Allardyce's 25 day stint at Leeds United makes him the shortest-serving

Premier League manager of all time.

Last season's situation was even bleaker for stand-in Spurs boss, Cristian Stellini who lasted just 31 days at the Tottenham Hotspur Stadium - taking charge of just four games in that time. Stellini is not ranked in this list, as his position. position was not permanent. Remarkably, the 31 days that Stellini spent as Spurs' caretaker is still even longer than Allardyce lasted at Leeds.

But Big Sam has forever taken one of the football's most unwanted titles away from Les Reed, who spent just 41 days in charge of Charlton Athletic, during the club's fateful 2006/07 season, which saw Charlton go through four different managers and be relegated in the process. After replacing Iain Dowie on 13 November 2006, Les Reed was relieved from his duties on Christmas Eve of the same year, with Alan Pardew

stepping in to replace him.

Charlton are not the only London-based club to have hastily got rid of managers in the past. Fulham's appointment of René Meulensteen in appointment of Rene Mediensteen in the 2013/14 season proved to be illadvised, as the Dutch coach, who had previously spent over a decade working under Sir Alex Ferguson at Manchester United was relieved from his duties at Craven Cottage after just 75 days.

Throughout Premier League history just 10 permanent managers have lasted for less than 100 days. Colin Todd of Derby County fell just short of that milestone in 2001/02, after he was sacked 98 days into his tenure as the Rams' manager. Terry Connor of Wolves also came close to the 100-day mark in 2011/12, but was unfortunately sacked after 91 days, following Wolves' relegation from the Premier League.

Other names to held shockingly short spells in charge of Premier League clubs include Frank de Boer, who was famously relieved of his duties by Crystal Palace just four games into the 2017/18 season, having only been appointed 77 days prior days prior.

There's also Bob Bradley, the first of three Americans to hold a permanent managerial position in the Premier League and undoubtedly the least successful. The former USA head coach was appointed by Swansea City on 3 October 2016, and was sacked as quickly as 27 December 2016 - a spell of just 84

days. Finally, Quique Sanchez Flores proved that going back to an old club is not always wise, after his second spell in charge of Watford was cut short. The Spaniard had enjoyed a successful time at Vicarage Road in 2015/16, but when he returned to replace

Javi Gracia in 2019/20 it proved to be a disaster, as he was sacked after just 85 days.





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A date has been set for the hearing into Manchester City's alleged financial rule breaches, the Premier League's CEO Richard Masters said on Tuesday 16th January.

City were charged with more than 100 alleged breaches of finance rules since their acquisition by the Abu Dhabi-based City Football Group, and were referred to an independent commission for a hearing.

"There is a date set for that proceeding. Unfortunately, I can't tell you when that is but it is progressing," Masters told the Culture, Media and Sport (CMS) Committee of the UK Parliament.

When the charges were announced in February last year, City

said they welcomed "the review of this matter by an independent commission, to impartially consider the comprehensive body of irrefutable evidence that exists in support of its position."

The charges against City, who are targeting a fourth straight Premier League title this season, are different to those brought against Everton and Nottingham Forest on Monday, Masters told

"If any club, the current champions or otherwise, had been found in breach of the spending rules, they would be in exactly the same position as Everton or Nottingham Forest," he said.

"But the volume and character of the charges laid before Manchester City, which I obviously cannot talk about at all, are being heard in a completely different environment.'







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